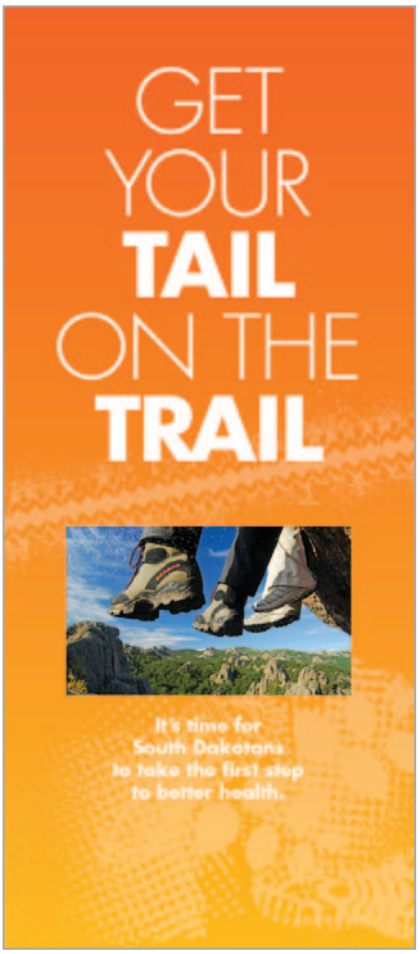
Trails brochure folding layout

Half Fold
then Tri Fold



Front Cover

Back Cover

Front cover unfolds to left to reveal first 2 inside panels

YOU & NATURE NEVER HAD IT SO GOOD.

It's easier than you think, more fun than you imagine, and just a skip, hop and jump from your front door.

South Dakota is home to some of the best walking, hiking and biking trails in the country. With no shortage of clean, fresh air, any individual can truly experience the great outdoors – often without interruption from traffic, noise, or congestion. Our outdoor spaces are diverse and varied – from hills, mountains, and forests, to badlands, grasslands, and prairies. Major waterways and all shapes and sizes of lakes, rivers, streams and creeks put the finishing touches on a landscape bursting with vitality and begging to be explored.

Healthy South Dakota wants to be part of your commitment to better health and has a number of programs and tools to help you get there. Now is the time to live better and grow stronger. We can do it together – so get your tail on the trail and walk, hike and bike your way to better health.

GO OUTSIDE – FEEL BETTER INSIDE.

Study after study proves that regular physical activity can reduce the risk of high blood pressure, diabetes, colon cancer and coronary heart disease, among others. It helps control weight, builds healthy muscles, bones and joints, improves overall quality of life and reduces symptoms of anxiety and depression.

Federal health guidelines recommend adults get at least 150 minutes of moderate-intensity physical activity each week, or 75 minutes of vigorous-intensity activity per week, or an equivalent combination of both. Doctors recommend school age children get 60 or more minutes of moderate or vigorous exercise every day, outdoors whenever possible.

ON YOUR MARKS...
To help identify non-motorized walking trails across the state, Healthy South Dakota has taken advantage of Federal funding provided by the American Reinvestment and Recovery Act to mark trails with signage and promote use. Trail markers can be found in communities all over South Dakota. A complete list of trails is available online at www.HealthySD.gov or like us on Facebook at facebook.com/HealthySDTrails and find a trail near you!

Right panel unfolds to reveal first inside spread

MAKE **TRACKS** ON THE **TRAIL**

We know that regular exercise can sometimes feel more like a job than it should. So to help get you motivated to make your own tracks on the trail, we've created the Get Your Tail on the Trail program – here's how it works:

FIND IT.

Go to **www.HealthySD.gov** or like us on Facebook at **facebook.com/HealthySDTrails** and find a trail near you or one you'd like to explore. It may be a trail you've been on before, a trail you didn't know was right outside your door – or a trail in a community you've wanted to visit... there's no wrong answer.

WALK IT.

Once you've found your trail, get out there! Walk it, hike it, run it, bike it – take your kids, take your grandkids, take Aunt Sue, Cousin Rex, Grandma Gertie, a neighbor, a friend, your hair stylist and your dog... take the first step and **GET YOUR TAIL ON THE TRAIL!**

LOVE IT.

When you commit to taking that first step and getting out there... enjoy it! Relax and congratulate yourself for making a healthy lifestyle choice. There are all kinds of trails just waiting to be explored, some are less intense, some are more challenging, but all of them are there for you – most for free... what's not to love about that?

SHARE IT.

Tell your friends, tell your family, tell us about your experience. We want to hear your story and see your trail photos and videos. We want people in your community to be motivated to follow in your tracks. Being healthy and making healthy choices isn't always easy, but it's more fun when you have a support system.

Our Facebook page is a place where friends, family and communities can "trail talk" about where, when, how and who's been making tracks. You can also "show and trail" and post your trail pics and videos. We'll have all kinds of fun games and tools for you to stay motivated and keep exploring.

WALKING HAND IN HAND

We're in this together South Dakota! It's time to take advantage of the exceptional trail system right here in our backyard. Walking, hiking and biking are some of the easiest and least expensive ways to improve overall health. The health benefits of being active outside for even 30 minutes a day are significant. So, let's work together and blaze new trails toward better health.

There are literally thousands of trails in South Dakota. The towns featured on the map above are just a few that have recently received trailhead markers to help better identify them. We invite you to find your favorites and share your stories with us on Facebook at **facebook.com/HealthySDTrails.**

Photo credits: some photos courtesy of South Dakota Department of Tourism.
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First inside spread unfolds up to reveal second inside spread