Developing a pathway to good health involves many individual choices. Quality health care education, such as WITF and WellSpan Health’s Transforming Health initiative, is increasing our awareness that the pathway to improved health involves healthy eating, regular physical activity, social interaction, and taking ownership of our health care. Key to finding a pathway that will lead to improved physical health and mental well-being is making the experience enjoyable and rewarding.

Healthy Eating

A recent United Health Foundation study indicated that nearly 3 million Pennsylvanians are obese, ranking us 29 out of the 50 states. During all stages of life, and particularly as we age, a healthy diet is essential for good health.

- Take the time to develop a daily nutrition plan that gives you the nutrients you need while keeping calorie intake under control.
- Make sure to include a variety of fresh, locally produced foods.

Regular Physical Activity

Becoming and staying active through regular physical activity is essential to good health. Discovering the type of physical activity that you enjoy and can incorporate into your routine will make you feel stronger and more alive.

- Do at least 10 minutes of physical activity at a time.
- Choose aerobic activities that make your heart beat faster, resulting in a stronger heart, lungs, and blood vessels.
- Do activities that also strengthen your muscles.

(Continued on page 3.)
Northern Extension of HRTCP

**Phase 2** trail bridge over the Codorus Creek at Emig Road has been completed; however, work remains to construct a ramp on the east bank. (Top photo) This ramp is being re-designed because of soft sub-soils that were discovered in test-pits and subsequently analyzed to reveal that they may lack the firmness needed to support the original ramp system.

The east bank ramp will transition trail visitors from the height of the bridge down to creek level, where they will then pass under Emig Road, continue along a 2.5-mile section of trail paralleling a picturesque stretch of the Codorus Creek (Second photo), pass under RT 30, and arrive at a new parking lot along Loucks Mill Road. Phase 2 is slated for completion in mid-2014.

**Phase 3** consists of a 0.7-mile trail section on the west bank of the Codorus Creek, prefabricated bridge over Willis Run, improved connector trail into North York Borough Park, and native plant landscaping. From the Loucks Mill Road parking lot an earthen ramp has begun to take shape that will transport trail visitors up to the RT 30 Bridge over the Codorus Creek and then along the improved southern walkway to the west bank. Funding for Phase 3 is provided by a PA Department of Conservation & Natural Resources’ Keystone Fund Grant, York County Marcellus Shale Fund Grant, and TRAIL LINKS capital campaign funds. Construction is slated for 2015-2016.

**York City**’s support for the rail trail extension has blossomed with extraordinary efforts from Downtown, Inc. to garner local funds and submit state grant applications for (1) improvements to the existing section of rail trail from Richland Ave. to Philadelphia St. and (2) a master site development plan for the rail trail extension from Philadelphia to George Sts., arterial connections to the downtown, green infrastructure and storm water management. Likewise, York City submitted an application to the PA Transportation Alternatives Program for construction of the rail trail extension from Philadelphia to George St. and other pedestrian/cycling improvements. York City has also taken steps toward becoming more ‘bicycle friendly’ by installing 13 high-quality bike racks with signs instructing users how to properly secure their bikes to prevent theft. (Third photo) Bike in York Week is also scheduled for May 12-16. Contact Shaun Underkoffler at SUnderko@yorkcity.org for information.

Hanover Trolley Trail

**Improvements** to the drainage system and re-surfacing projects in Spring Grove/Jackson Township are planned for this summer. In Penn Township, plans are moving forward to develop a parking area near Gitts Run Road.

**Grant application** was submitted in April to PA Department of Conservation & Natural Resources to develop 0.8-mile section of the Hanover Trolley Trail from Martin to Sunnyside Rds. in Jackson Township. (Bottom photo) A generous donation of $100,000 in labor and equipment from the Township and $43,000 from the York County Marcellus Shale Fund provide the match. If successful, a grant award may be received by the end of the year.

**Sign up for E-Trail News** and receive monthly trail construction updates in your Inbox.

Email the York County Rail Trail Authority at info@yorkcountytrails.org. Place “Trail Construction Updates” in the subject line. Provide your name and email address. Then look for monthly updates provided through Mail Chimp.
**Rail Trails - on the pathway to good health**  
(Continued from page 1.)

**Social Interaction**

Positive social interactions contribute to both physical and mental health and are, therefore, important throughout the life cycle – from childhood through our senior years.

- Develop a network of friends or family members that you can rely on for shared activities and discussion of thoughts and feelings.
- Consider sharing your regular physical activities with friends and family.

York County rail trails are often described as offering ‘rolling friendships.” Visit York County Parks’ website [www.yorkcountyparks.org](http://www.yorkcountyparks.org) for a schedule of walks, bike rides, and events on the Heritage Rail Trail.

**Take Ownership of Your Health Care**

Each year, billions of dollars in health care costs are spent because of low health literacy. Our ability to obtain, process, and understand basic health information is key to making appropriate health decisions. As a patient, you should feel empowered to be active in your own health care. WellSpan offers a great tool for you to manage your personal health care: MyWellSpan, a patient portal with 24/7 access to personal health information. MyWellSpan allows users to:

- Schedule appointments with WellSpan primary care providers.
- View lab and imaging results.
- Send WellSpan providers secure messages.
- View your medications and instructions.

Today, more than 50,000 people use MyWellSpan to take greater ownership of their health care. Sign up at [www.mywellspan.org](http://www.mywellspan.org) or by calling (866) 638-1842.

**Take Action & Enjoy the Journey**

Each of these elements – healthy eating, regular physical activity, social interaction, and ownership of your health care – will help you establish and maintain a personal pathway to good health. Enjoy your journey to good health!
JOIN FRIENDS OF YORK COUNTY RAIL TRAILS!

Benefits of membership include:

♦ One-year subscription to YCRTA newsletter, Trail News
♦ Invitations to special rail trail events
♦ Knowledge that you have joined a special community of rail trail supporters

Membership Levels: (Check one)

- Student $10.00
- Individual $25.00
- Family $30.00
- Supporter $50.00
- Sponsor $100.00
- Organization $100.00
- Small Business $250.00
- Municipality $500.00
- Corporation $1000.00

Q Regular Membership OR Q Gift Membership

Your Information:

Name
Address
City, State and Zip
E-mail address

Gift Recipient Information: (If applicable)
(If a gift membership, you will be mailed a certificate to present to the recipient.)

Name
Address
City, State and Zip
E-mail address

• MAIL with contribution to YCRTA, PO Box 335, Seven Valleys, PA 17360 • USE PAYPAL at www.yorkcountytrails.org/Join.aspx

The York County Rail Trail Authority is organized under the Pennsylvania Municipality Authorities Act of 1945. Contributions are used exclusively for the development of public trails and, as such, may be fully tax deductible pursuant to the Internal Revenue Code. Official registration and financial information may be obtained by contacting the Authority at (717)428-0999.

VISIT THESE TRAIL-FRIENDLY BUSINESSES & THANK THEM FOR SUPPORTING YORK COUNTY RAIL TRAILS!

ADVENTURE CYCLING & FITNESS
4370 W Market St.
York, PA 17408
(717) 792-4400
www.adventure-cycling.com

Flying Feet
1511 Mt. Rose Ave.
York, PA 17403
(717) 845-2833
www.flyingfeet.com

Gungho Bikes
1815 Susquehanna Trail North
York, PA 17404
(717) 852-9553
www.gunghobikes.com

Bicycle safety tips:
✓ Ask for a free safety check at your local bike shop.
✓ Check tire pressure on adult & kid’s bikes often.
✓ Get a professional bike tune-up each year.