

## **Nutrition & Physical Activity State Plan**

### **Gallatin Valley Land Trust Community Trails Program**

**Ted Lange, Community Trails Planner**

**Mission: Gallatin Valley Land Trust conserves southwest Montana's heritage of open landscapes, working farms and ranches, healthy rivers, and wildlife habitat; and creates trails to connect people, communities and the land.**

#### Activities Relevant to State Plan to Prevent Obesity:

GVLТ works to expand, improve & maintain non-motorized trails in the Bozeman area. Over the last 20 years we have played a lead role in expanding Bozeman's Main Street to the Mountains trail system to over 60 miles. These community trails are heavily used for both recreation and active transportation.

Services/Recipients: We serve Bozeman area residents and visitors.

State Plan Settings: the working group that I'm signed up for

#### CDC Behaviors:

- Increasing physical activity through providing a network of heavily-used non-motorized urban trails connecting neighborhoods, parks, schools and commercial areas.
- Decreasing screen time through providing the public with safe, attractive and fun active transportation options for accessing parks, streams and other recreational destinations. GVLТ sponsors the Bozeman Boulders Initiative, which is a project to build rock climbing boulders along the trail system throughout the community. Two boulders have been constructed and are heavily used by both kids and adults. A third boulder will be completed this summer and two more are planned.

Gaps and Concerns: There is a great need for better planning and more funding to construct bicycle-pedestrian facilities throughout the state.