



Active Living Ramsey County!

Active Living Ramsey County!

...creating physically active friendly communities

Digest Volume 46 08.04.09

Active Living Ramsey County! is a community-based coalition, which engages the community to improve health by influencing policy and enhancing the built environment to make it safe and convenient for everyone to integrate physical activity into their daily routine.

To get active in our coalition please contact Connie Bernardy or sign up below.

Visit us at www.activelivingramseycounty.org where you can find all of our digests.

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3. [Great Green Jobs Alert! Be a Bike Commuter Guide](#) (TreeHugger)
4. [The cheapest commute is no commute](#) - Twin Cities Daily Planet
5. [Safety: Helmet Laws for Cyclists Are Effective](#) - New York Times
6. [There's safety in numbers for those on bikes](#) - Star Tribune
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3. Sane, Safe Streets: How Community Advocates Can Make it Happen
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2. [Get Kids Off Couch and Moving](#) – Daily News Journal

Health Implications & Research

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2. [Scientists Find Way to Make 'Good' Brown Fat](#) – Yahoo News
3. [Nearly 10 percent of health spending for obesity](#) – Star Tribune
4. [US spends more on obesity than cancer: Sebelius](#) – Yahoo News

Nutrition

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Built Environment Infrastructure and Policy

Active Living Ramsey County! Information

Meeting Reminder

Biking and Walking Trend Bender Team Connectivity Meeting

Wednesday, August 12, 2009

6:00 – 9:00 pm

Roseville City Hall

Willow Room

2660 Civic Center Drive, Roseville, MN 55113

Ramsey County Map of the Week

Ramsey County Pedestrian Trails

[Pedestrian Trails Map](#) (5 mb PDF file)

Special Invitation for Bicycle Advisory Committees in Ramsey County

Provided by David Gepner

Quality Bicycle Products' fourth annual event for participants of Minnesota's bicycle advisory groups

Members of the State, Hennepin County, Ramsey County, Minneapolis, and St Paul Bicycle Advisory Committees, along with members of TLC's bike-walk advisory council, bike oriented staff of the local TMO's, and representatives from the other metro counties should plan on attending this joint meeting at QBP* at **3 PM Tuesday, August 11th.**

To clear security it's imperative that you **RSVP directly to QBP 952-941-9391 x1200 or x1400.**

Know that you are not alone in "Overcoming the Challenges":

- Del Miller of the Three Rivers Park District will convey his agency's frustrations and successes at overcoming the nimby folks who have thwarted many of the districts subsequently highly regarded bike projects.
- Shawn Murphy, Minneapolis transportation planner, will provide an update on the difficulties and yet accomplishments in effecting many of TLC's twenty one million dollar funded biking initiatives.
- Bill Dosset, whose Bike Share program was a recipient of a major TLC grant will share his trials and tribulations in what should prove to be a true spring happening.
- Dorian Grilley, executive director, of the recently established Bicycle Alliance of Minnesota will be enlisting your help in overcoming the challenges of growing his organization into a unified voice for the states bicyclists.

If time permits:

- Host Gary Sjoquist of QBP will bring the group up to date on the bike provisions of the federal reauthorization of the soon to expire transportation bill, and he could provide insight into the possibility that some of the Minnesota "legacy money" could be available to fund bike projects.
- **The afternoon session will conclude at 5 PM with light snacks and beverages as interested participants ready themselves for a short 21 mile biking loop**.**

*<http://maps.live.com/?v=2&where1=6400%20W%20105th%20St%2C%20Minneapolis%2C%20MN%2055438-2554&encType=1>

**<http://mapshare.delorme.com/Consumer/V.aspx?p=3t768nfx>

Provided by St. Paul Smart Trips Newsletter August 2009

Ramsey County announces bike sharing program

Ramsey County has launched an innovative program called Bikes Belong to allow downtown St. Paul employees at the Government Center West and Ramsey County Courthouse to make use of one of four bicycles available for bike sharing.

The bikes are available for checkout from 6 am to 9 pm, seven days a week at the Government Center West Building. There is no charge to take the bikes out and they come ready to roll with a lock and helmet.

The project is a partnership between Human Resources and Property Management, and is already a hit with employees who have been taking them out for lunch, river rides and errands.

Additional bike parking has been added to support the new shared bikes as well as those who regularly commute by bike. The new secure street-level bike parking has been added at four Ramsey County buildings: Government Center East, Government Center West, 90 W. Plato Boulevard and the Juvenile Family Justice Center.

Mary Brauer, who works in Human Resources and started a Ramsey County Bicycle Commuters Club last year, is especially proud of the new facilities since bike parking was the top issue of her group.

Learn more: E-mail Mary Brauer at mary.brauer@co.ramsey.mn.us

Happenings in Ramsey County

Free Webinar

**Tony Hull, Bike/Walk Twin Cities/Transit for Livable Communities
"Safe Routes to School: Expanding Your Toolbox" Webinar**

Bike Walk Twin Cities invites you to join us for the APBP Professional Development Webinar Series:

Safe Routes to School: Expanding Your Toolbox"

Wednesday, August 19, 2009

2:00 to 3:00 PM

Transit for Livable Communities - Selby Community Room

626 Selby Ave

St Paul 55104

(corner of Selby/Dale above the Mississippi Market)

Please Try to Arrive 15 minutes early as webinar begins promptly at 2:00

This is a FREE webinar being hosted by Bike Walk Twin Cities, space is limited so please RSVP to Jamez Smith (jamezs@tlcminnesota.org or 651-221-9831 ext112).

**Provided by Ramsey County Regional Rail
Big News for Depot and Ramsey County**

From OnBoard Midwest:

Yesterday MnDOT announced it will apply this year for federal stimulus money for the Union Depot and to help with planning for the high-speed rail connection to Chicago.

- \$137 million federal stimulus grant would go to develop the St. Paul Union Depot into a bus and rail transit hub

- \$50 million would go for preliminary work on a Chicago-to-Twin Cities high-speed passenger rail corridor

The proposed high-speed rail project will be the first of a series of new investments in rail transit in Minnesota and create momentum for future projects. Yesterday's news from MnDOT is one more example of the growing support for rail in our community.

In 2010 MnDOT will seek \$150 million to extend the Northstar commuter rail line to St. Cloud and \$45 million for preliminary engineering and design of the proposed Northern Lights Express passenger rail line from Duluth to Minneapolis.

A high-speed rail connection between the Union Depot and Chicago is one step closer to reality and Minnesota's vision for an integrated rail transit system moves forward.

Click [here](#) to read the full article.

Provided by Barb Pasiuk, Transit for Livable Communities e-Newsletter
[Transit for Livable Communities Awards Over \\$2 Million in Bike Walk Infrastructure Funding](#)

On July 20, the TLC board funded three pedestrian and bicycle capital projects totaling over \$2 million. All three projects resulted from planning studies previously funded by Bike Walk Twin Cities, received the recommendation of the Bike Walk Advisory Committee (BWAC), and involved consultation by the Bike Walk Twin Cities technical advisory team. All have a completion timeline of 2010.

Provided by St. Paul Smart Trips Newsletter August 2009
Jefferson Avenue Bikeway Project Update

The proposed project, which is still in the conceptual stages, would implement a dedicated bicycle facility on Jefferson Avenue from Mississippi River Boulevard to West Seventh Street with connections east to the Sam Morgan Trail and the Smith Avenue High Bridge. The city has secured \$750,000 in federal Non-Motorized Transportation (NTP) funds for the project.

The Mac-Groveland Community Council continues to collect public comment at their Transportation Committee meetings and plans to form small groups in the near future to address more specific block-by-block details. The West 7th / Fort Road Federation plans to discuss next steps at their August board meeting.

Provided by St. Paul Smart Trips Newsletter August 2009
[Draft Downtown Saint Paul Station Area Plan \(Central Corridor\)](#) - Urban Strategies, Inc.

Provided by St. Paul Smart Trips Newsletter August 2009
Get Involved: Attend a [Macalester-Groveland Transportation Committee](#) meeting (7pm on the 4th Monday of every month at Edgumbe Rec Center).

Provided by St. Paul Smart Trips Newsletter August 2009

Important bicycle pedestrian corridor gets funding

A section of map from the [Bike Walk Central Corridor Action Plan](#) which identifies Griggs Street as an important corridor for biking and walking.

According to a recent article from Transit for Livable Communities (TLC), \$400,000 has been awarded to the City of Saint Paul for the Griggs Street Bicycle and Pedestrian Facilities project.

Councilmember Russ Stark from Ward 4 is calling the news "a significant improvement to north/south bicycle access in the Midway" adding that, "north-south routes have ranked as the number one priority among cyclists in the area in surveys and community meetings."

The project will provide safer pedestrian and bicycle access to destinations including the new Griggs Street bridge over I-94, Dunning Fields, Central High, Jimmy Lee Recreation Center, and Concordia College as well as connect to regional bikeways including Marshall, Summit and Minnehaha avenues.

The project is a result of the Bike Walk Central Corridor Action Plan which was also funded by the Bike Walk Twin Cities program that TLC oversees.

Learn more: See what [other projects](#) have received funding.

Save the date! On September 8, St. Paul Smart Trips will be leading a tour of bicycle/pedestrian bridges in St. Paul including the new Griggs Street bridge.

In the news

Provided by Barb Pasiuk, Transit for Livable Communities e-Newsletter

[St. Paul Police Crack Down on Drivers Failing to Yield to Pedestrians](#) (Minnesota Daily)

Provided by the Minnesota Department of Health

St. Paul connects kids with nature

http://www.twincities.com/health/ci_12921964

Trainings

Provided by Russ Lowthian, Bicycle Alliance of Minnesota Aug 2009 Newsletter
Saint Paul Classic Bike Training & Progressive Ride

1 Day Course

Saint Paul Classic Bike Tour Training and Progressive Ride.

This progressive series of rides will help prepare you, your family members, your friends, groups (teams), business health and wellness programs, church groups, and other groups to ride the 15-, 30, and 45-mile scenic routes on the Saint Paul Classic Bike Tour on September 13, 2009.

Date: 08/13/2009

Location: St. Paul, MN

Time: 6:00 p.m. - 8:00 p.m.

Cost: \$5.00 Non-Members/\$5.00 Members

Register

Date: 08/29/2009

Location: Saint Paul, MN

Time: 9 a.m. - 12 p.m.

Cost: \$5.00 Non-Members/\$5.00 Members

Register

Location: Hillcrest Recreation Center (gym), 1978 Ford Parkway, St. Paul, MN 55116.

Cost is \$5 per person per class.

Then join us at the Saint Paul Classic Bike Tour by registering at www.bikeclassic.org in order to bike your way to better fitness and make new friends.

Saint Paul Classic Bike Training & Progressive Ride

2 Day Course

Saint Paul Classic Bike Tour Training and Progressive Ride.

This progressive series of rides will help prepare you, your family members, your friends, groups (teams), business health and wellness programs, church groups, and other groups to ride the 15-, 30, and 45-mile scenic routes on the Saint Paul Classic Bike Tour on September 13, 2009.

Date: 08/13/2009 - 08/29/2009

Location: Saint Paul, MN

Time: 8/13/09 6-8 pm; 8/29/09 9am-12pm

Cost: \$10.00 Non-Members/\$10.00 Members

This registration is for both pre-Classic training classes and progressive rides on:

Thursday, August 13, 2009, from 6:00 p.m. – 8:00 p.m.

Saturday, August 29, 2009, from 9:00 a.m. – 12:00 p.m.

Location: Hillcrest Recreation Center (gym), 1978 Ford Parkway, St. Paul, MN 55116.

Cost is \$5 per person per class.

Then join us at Saint Paul Classic Bike Tour by signing up at www.bikeclassic.org in order to bike your way to better fitness and make new friends.

Register

Events

**Provided by Russ Lowthian, Bicycle Alliance of Minnesota Aug 2009 Newsletter
Saint Paul Classic Bike Tour**

September 13, 2009. Always a fun time! Join the Bicycle Alliance of Minnesota (BikeMN) as they help kick-off the 15th Annual Saint Paul Classic Bike Tour, on Sept. 13, 2009 to support their bicycle educational initiatives

Early registration DISCOUNTS and GROUP DISCOUNTS are now available at:
<http://www.bikeclassic.org> Newsletters

Provided by Bike2Benefits Newsletter

Bike parking at the State Fair

If you're bicycling to the Minnesota State Fair (Aug. 27 through Sept. 7), park your bicycle for free in three secure lots at the Fairgrounds from 6 a.m. to midnight daily. You can also pedal for part of the way and take transit the rest. Free bike racks are available on trains, Metro Transit State Fair Express buses and regular bus routes that serve the Fairgrounds. More details are available [here](#). While you're at the Fair, visit us in the transportation section of the Eco Experience exhibit to learn more about bicycling and other environmentally friendly transportation choices.

Provided by St. Paul Smart Trips Newsletter August 2009

Thanks for taking the Commuter Challenge!

Mina Learwood zooms off on her art bike at Grand Old Day. See the [video](#) [here](#)!

This year's Commuter Challenge ended June 30 with a total of 1,700 people in St. Paul pledging to try new ways of getting around - taking the bus or train, ridesharing, biking, walking or telecommuting.

We had over thirty of our St. Paul participants win prizes including an iPod and gift certificates to Borders and REI. Beth Janetski picked up a Blue Sky Guide full of coupons to local and sustainable businesses.

To encourage people to challenge themselves, St. Paul Smart Trips staffed thirty commuter fairs this year between April and June. Members of the board and staff even hosted a tent at this year's Grand Old Day, capturing video pledges from participants on how they would win the Commuter Challenge.

Watch: [Videos pledges](#) from Grand Old Day.

Research

Provided by Julianne Seiber, Saint Paul - Ramsey County Dept. of Public Health
Cost Effectiveness of Community-Based Physical Activity Interventions

<http://www.ajpm-online.net/article/PIIS0749379708007708/fulltext>

**Provided by Thomas E. Kottke, MD, MSPH HealthPartners and HealthPartners
Research Foundation**

Summary of CDC's Recommended Community Strategies and Measurements to Prevent Obesity in the United States

<http://www.co.ramsey.mn.us/alrc/resources.htm> (bottom of page)

Excerpt:

Strategies to Create Safe Communities That Support Physical Activity

1. Communities Should Improve Access to Outdoor Recreational Facilities
2. Communities Should Enhance Infrastructure Supporting Bicycling
3. Communities Should Enhance Infrastructure Supporting Walking
4. Communities Should Support Locating Schools within Easy Walking Distance of Residential Areas
5. Communities Should Improve Access to Public Transportation
6. Communities Should Zone for Mixed Use development
7. Communities Should Enhance Personal Safety in Areas Where Persons Are or Could be Physically Active
8. Communities Should Enhance Traffic Safety in Areas Where Persons Are or Could be Physically Active

Strategy to Encourage Communities to Organize for Change

1. Communities Should Participate in Community Coalitions or Partnerships to Address Obesity

Provided by Transportation For America

What's Health Got to Do With It? | 7/16/09

An alarming new study connects the dots between bad transportation investment decisions and our public health...

Last week the California Center for Public Health Advocacy (CCPHA) released [The Economic Costs of Overweight, Obesity and Physical Inactivity Among California Adults](#). The CCPHA report on obesity included some concrete policy recommendations for improving public health, a few of which are connected to our transportation spending decisions.

- Locate residential, commercial and office buildings close together so more residents can walk and bike to meet their daily needs
- Build neighborhoods with safe and attractive parks and other places for recreational exercise

Create transportation corridors that support pedestrians and bicyclists

In the news

Provided by Barb Pasiuk, Transit for Livable Communities e-Newsletter

Bicycling and Walking in the News

[Minneapolis Wants Walking to Be Cool Again](#) (City Pages)

[AAA Begins Roadside Assistance for Bicyclists in Oregon, Idaho](#) (Oregon Live)

[Great Green Jobs Alert! Be a Bike Commuter Guide](#) (TreeHugger)

Provided by St. Paul Smart Trips Newsletter August 2009

The cheapest commute is no commute - Twin Cities Daily Planet

Safety: Helmet Laws for Cyclists Are Effective - New York Times

There's safety in numbers for those on bikes - Star Tribune

Provided by the Minnesota Department of Health

U.S. states to get "significant" obesity money

http://news.yahoo.com/s/nm/20090728/us_nm/us_obesity_usa

Newsletters

Provided by The Minnesota Heart Disease and Stroke Prevention Unit Staff

Minnesota Heart Disease and Stroke *Connection*

Statewide Health Improvement Program (SHIP) and The Role of Obesity In Coronary Heart Disease articles are in the July 2009 issue of Minnesota Heart Disease and Stroke Connection. This current issue and all others can be accessed online at the following location: <http://www.health.state.mn.us/divs/hpcd/chp/cvh/newsletter.htm>

**Provided by Russ Lowthian, Bicycle Alliance of Minnesota Aug 2009 Newsletter
Can The Sharrow's Of Long Beach Work On University Avenue?**

California's Long Beach's sharrow's policy is groundbreaking both locally and internationally. Could this same treatment work for the new University Avenue and Central Corridor Light Rail (LRT), in St.Paul, Minn? [Click here](#) to learn more and share.

**Provided by Russ Lowthian, Bicycle Alliance of Minnesota Aug 2009 Newsletter
Sane, Safe Streets: How Community Advocates Can Make it Happen
The Complete Streets Workshop**

"Sane, Safe Streets: How Community Advocates Can Make it Happen" is September 1, 2009, from 6:30 to 9 p.m., at the Radisson University Hotel, 615 Washington Ave. SE, Minneapolis, Minn.

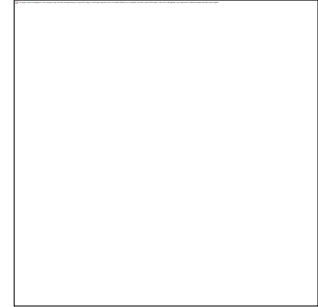
Transit for Livable Communities, the Bicycle Alliance of Minnesota, and Fresh Energy are teaming up at do walk do bike, September 1, 2009 to build community-level momentum for Complete Streets policies in Minnesota. The evening workshop will feature Andy Clarke, President of the League of American Bicyclists and local experts and elected officials. Presenters will offer introductory information on Complete Streets for pedestrians and bicyclists, updates on local and national efforts and opportunities for community members to participate in state and local campaigns. [Click here](#) for more information on the Complete Streets Workshop, "Sane, Safe Streets: How Community Advocates Can Make it Happen."

**Provided by Russ Lowthian, Bicycle Alliance of Minnesota Aug 2009 Newsletter
A BikeMN Volunteer Spotlight**

As a way to introduce the Bicycle Alliance of Minnesota volunteer members to our readers, we are featuring a story on each member that will appear in this and upcoming issues of BikeMN's e-Newsletter. The first in this series of interviews features Board Member Peter Breyfogle, who is active on the organizations marketing committee.

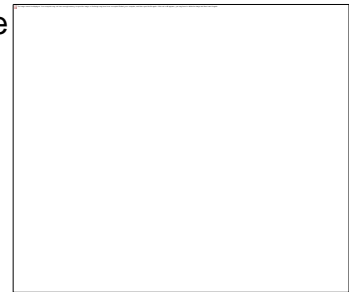
[Click here](#) to read about Margie Grilley's interview with Peter Breyfogle.

(Peter Breyfogle is a member of Active Living Ramsey County! Biking and Walking Trend Bender Team)



**Provided by Russ Lowthian, Bicycle Alliance of Minnesota Aug 2009 Newsletter
Complete Streets Coalition Forming**

We Need Your Voice! Complete Streets are designed to be safe and accessible for all, regardless of age, ability or mode of transportation. Hennepin County, Rochester and St. Paul have moved forward with Complete Streets policies. Like the ten other states that have already done so...now is time for the State of Minnesota to join them! [Click here](#) to find out more about the Complete Streets program and how you can help.



**Provided by Barb Pasiuk, Transit for Livable Communities e-Newsletter
Bicycling and Walking Entries from the Transit for Livable Communities Blog
Tony Hull: Minneapolis Releases Pedestrian Master Plan.** The City of Minneapolis' Department of Public Works has released the draft of the [Minneapolis Pedestrian Master Plan](#). The plan, funded in part by the Bike Walk Twin Cities initiative, goes far beyond just looking at sidewalks. It addresses trees and boulevards, crosswalks and intersections, street lighting, bridge design, street furniture, accessibility, snow and ice clearance, sidewalk cafes, construction zones, and funding pedestrian improvements. [Click here to read more.](#)

Tony Hull: Bike to School? Parking May Be a Challenge. Funded by the Bike Walk Twin Cities initiative, the city of Minneapolis will install new bicycle racks across the city this summer. including several locations at schools. As a result, returning students next year will be pleased to find new, convenient, and secure parking. [Click here to read more.](#)

Volunteer Opportunity

**Provided by Barb Pasiuk, Transit for Livable Communities e-Newsletter
Fall 2009 Bicycle and Pedestrian Counts**

In the second week of September 2009, Transit for Livable Communities will conduct annual fall counts of bicyclists and pedestrians as part of Bike Walk Twin Cities. In

2008, TLC and the City of Minneapolis Public Works Department organized count volunteers at 90 locations in and around Minneapolis.

Transit for Livable Communities is looking for conscientious people who can help with this important endeavor. The data collected will be added to results from previous counts and included in the annual [fall count report](#). Additionally these counts provide critical measurement of travel behavior for the Bike Walk Twin Cities Program that will be reported to Congress at the end of the Non-Motorized Transportation Pilot Program in 2010. This year the counts are scheduled to occur between **4:00 and 6:00 p.m.** on: **TUESDAY, SEPTEMBER 8** and **WEDNESDAY, SEPTEMBER 9**. Rain date: Thursday September 10. Training sessions will be scheduled for the end of August and early September at several times and locations. All volunteers will receive a count t-shirt and eligible volunteers will be entered into a drawing for prizes. Look for an upcoming announcement or watch our website www.bikewalktwincities.org for more details. For more information about the bicycle and pedestrian count program contact: Tony Hull tonyh@tlcminnesota.org 651-767-0298 ext 146

Workshop

Provided by Russ Lowthian, Bicycle Alliance of Minnesota August 2009
Sane, Safe Streets: How Community Advocates Can Make it Happen
The Complete Streets Workshop

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Transit for Livable Communities, the Bicycle Alliance of Minnesota, and Fresh Energy are teaming up at do walk do bike, September 1, 2009 to build community-level momentum for Complete Streets policies in Minnesota. The evening workshop will feature Andy Clarke, President of the League of American Bicyclists and local experts and elected officials. Presenters will offer introductory information on Complete Streets for pedestrians and bicyclists, updates on local and national efforts and opportunities for community members to participate in state and local campaigns. [Click here](#) for more information on the Complete Streets Workshop, "Sane, Safe Streets: How Community Advocates Can Make it Happen."

Campaign

Provided by Joan Pasiuk, The Bike Walk Twin Cities eNewsletter
Be Your Own Engine lawn signs are here!

Check it out! Bike Walk Twin Cities is launching the [Be Your Own Engine](#) campaign this summer, and we have hundreds of lawn signs and posters to move out of our office and into the community! Want to distribute signs or being a distribution center? Read about [what you need to do](#) or email arta@tlcminnesota.org.

Physical Activity

In the news

Provided by the Minnesota Department of Health

Study shows long-term benefits to young children's physical activity

http://www.twincities.com/health/ci_12936908

Provided by the National Recreation and Parks Association

[Get Kids Off Couch and Moving](#)

from The Daily News Journal

As summer vacation comes to a close and children head back to school, fitting in time for physical activities becomes a little harder. However, movement is imperative for children and it helps combat obesity and should be fit into the daily routine, just like homework. "The important thing to remember is children need at least 60 minutes of physical activity a day," said Chad Hill, wellness/fitness coordinator with Murfreesboro, Tenn., Parks and Recreation. [More](#)

Health Implications & Research

In the news

Provided by the Minnesota Department of Health

Unhooking the Obesity-Diabetes Connection

http://news.yahoo.com/s/hsn/20090727/hl_hsn/unhookingtheobesitydiabetesconnection

Scientists Find Way to Make 'Good' Brown Fat

http://news.yahoo.com/s/hsn/20090729/hl_hsn/scientistsfindwaytomakegoodbrownfat

Nearly 10 percent of health spending for obesity

<http://www.startribune.com/lifestyle/health/51790092.html>

US spends more on obesity than cancer: Sebelius

http://news.yahoo.com/s/afp/20090728/pl_afp/healthusobesitycancer

Nutrition

In the news

Provided by the Minnesota Department of Health

Health Advocates Want Tax On Sodas

<http://wcco.com/health/sugar.sodas.tax.2.1103722.html>

Active Living Ramsey County! Opportunities and Sign Up Links

[Active Living Ramsey County! Coalition](#) is working to bring about and sustain changes in design, transportation, & public/private policies. Its mission is to create and promote environments that make it accessible, safe, and convenient for people to integrate physical activity into their daily lives. The coalition focuses on policy, systems, and environmental changes. Coalition partners include community leaders, practioners, and advocates who meet quarterly the second Monday of the month, from 2:30-4:30 pm. Partners receive the Active Living Ramsey County! Digest! [the next meetings are:](#)

- Sept. 14, 2008 – 2:30 – 4:30 p.m. at Ramsey County Public Works
- Dec. 14, 2009 – 2:30 – 4:30 p.m. at Ramsey County Public Works

[Active Living Ramsey County! Biking and Walking Trend Bender Team](#) works to create a transportation system that accommodates pedestrians, bicyclists, and transit users in all transportation and development projects and is safe and convenient for all users. Community leaders, practioners, and advocates also identify needs and work to increase connectivity of pedestrian and bicycle systems. They meet bi-monthly on a Thursday from 6-8 pm

[Active Living Ramsey County! Digest](#) captures current information to support community leaders, practioners, and advocates in their work to create physically active friendly communities. Current news, funding, webinars, research, best practices, conferences, and events are included on Active Living, physical activity, nutrition, active transportation, enhancing the built environment, Active Living policies, health implications and disparities related to policies, the built environment, and physical inactivity. The coalition sends out the digest once or twice a week based on the time sensitivity of the information.

Active Living Ramsey County! Co-Chairs:
Commissioner Jan Parker - Ramsey County
Mayor Sandy Martin – City of Shoreview

Active Living is a way of life; doing physical activity in the daily routine.

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