

Provided by Chris Kimber, MN Department of Health

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**Active Living Ramsey County!**

**...creating physically active friendly communities**

**Digest Volume 48**

*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](http://www.activelivingramseycounty.org) where you can find all of our digests.

Digest Preview (Full digest and contributors follow preview)

**Active Living Ramsey County! Information and  
Active Living Related Happenings in Ramsey County**

**Ramsey County Trail Map of the Week**

1. [Ramsey County GIS Online Mapping](#)

**Save the Date**

1. [Active Living Ramey County! Coalition Meeting](#) Monday, Sept. 14, 2009

**Road Improvement Information and Input Opportunity**

- 1.

**In the news**

- 1.

**Light Rail Information and Input Opportunity**

- 1.

**Complete Streets**

- 1.

**Resources**

- 1.

**Reports/Research**

- 1.

**Events**

1. [St Paul Bike Classic Tour is September 13:](#)

## **Conferences**

1. [do Walk/do Bike Conference](#),
2. [Minnesota Recreation and Park Association Annual Conference](#)

## **MN Active Living Initiatives**

1

## **Grant Opportunities**

1.

## **Nutrition**

1. [Making the local food movement accessible](#)

## **Health Implications**

1.

## **Active Living Ramsey County! Opportunities and Sign Up Links**

1. [Active Living Ramsey County! Coalition](#)
2. [Active Living Ramsey County! Biking and Walking Trend Bender Team](#)
3. [Active Living Ramsey County! Digest](#)

## **Active Living Ramsey County! Digest Volume 47 08.17.09**

## **Built Environment Infrastructure and Policy Initiatives**

## **Active Living Ramsey County! Information and**

## Active Living Related Happenings in Ramsey County

### Ramsey County Trail Map of the Week

[Ramsey County GIS Online Mapping](#). Use this technology tool to research Ramsey County trails! ([instructions](#))

For more information about Ramsey County trails, visit the [Active Living Ramsey County! Website](#).

### Save the Date - [Active Living Ramsey County! Coalition Meeting](#)

#### Active Living Ramsey County! Coalition Meeting

Monday, September 14, 2009

2:30-4:30

Public Works Facility

[1425 Paul Kirkwold Drive, Arden Hills, MN 55112](#) (Map it)

Please let [Connie Bernardy](#) know topics that you want to see on our agenda. Transportation For America and Complete Streets are on the list of suggestions, so far.

### Tonight - Road Improvement Information and Input Opportunity

#### In the news

#### Light Rail Information and Input Opportunity

#### Complete Streets

## **Resources**

### **Reports/Research**

### **Events**

**Provided by Chris Kimber, MN Department of Health**

[St Paul Bike Classic Tour is September 13:](#)

The 15<sup>th</sup> Annual St. Paul Bike Classic Tour is September 13, 2009. The tour is partnering with the Bicycle Alliance of Minnesota, a new non-profit organization with a mission to make Minnesota communities more bicycle friendly.

### **Conferences**

**Provided by Chris Kimber, MN Department of Health**

[do Walk/do Bike Conference](#), Minneapolis, September 1-2, 2009

[Minnesota Recreation and Park Association Annual Conference](#), National Sports Center, Blaine, September 22-25, 2009

## **MN Active Living Initiatives**

### **Grant Opportunities**

### **Nutrition**

#### **In the news**

[Making the local food movement accessible](#)

#### **Grant Opportunity**

### **Health Implications**

#### **In the news**

## **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.**