

Active Living Ramsey County!

...creating physically active friendly communities
Digest Volume 56

Active Living Ramsey County! is a broad-based community 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.*

Policy and the Built Environment

Active Living Ramsey County! Information

Physical Activity

In the news

For Kids, All Activity May Not Be Equal

http://news.yahoo.com/s/hsn/20091231/hl_hsn/forkidsallactivitymaynotbeequal

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:

- March 1, 2009 – 2:30 – 4:30 p.m. at **Ramsey County Parks and Recreation** 2015 N Van Dyke Street, Maplewood, MN 55109
- June 14, 2010 – 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.

Connie Bernardy

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