

Get up, Get going

Active Living Ramsey County!

is part of an exciting national movement that is working to create and sustain changes in

**Design,
Transportation,
Public/Private Policies
& Programs**

to cultivate and support integrating physical activity into daily life.



Active Living Ramsey County!

**For more information
or to get involved:**

Please contact

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Active Living Ramsey County!

Creating environments
that build physical
activity into daily life



www.activelivingramseycounty.org

Coming soon!

THE BIG SCOOP

In many communities it is difficult to walk or bike to schools, local markets, or other important destinations.

Active Living initiatives work to bring about and sustain changes in design, transportation, and public / private policies to cultivate and support a way of life that integrates physical activity into daily lives.

Active Living initiatives are springing up around the state and country as innovative approaches to improving individual and community health status.

The *Active Living Ramsey County!* initiative is developing with the support of community and business leaders, health plans, city, county and school officials, and residents of all walks of life.



To Contribute to Active Living in Ramsey County...

Partnership

Join Us! Subscribe to informational updates by forwarding your full name and email address to:

sara.merz@co.ramsey.mn.us

Preparation

Contribute your thoughts and ideas to the initiative.

Promotion

Move to generate awareness and invite others to participate in *Active Living Ramsey County!*

Programs

Participate in community events and healthful activities of your interest.

Policies

Engage in local efforts to advance Active Living principles. For current efforts, visit our website.

Physical Projects

Influence redevelopment or road projects in the community and make your preference for walkable and bikeable community designs known by talking with decision makers.

STRATEGIES

Active Living is about inspiring behavioral change and creating opportunities for physical activities that are practical and enjoyable.

Possible strategies might include:

- Increasing the number of safe sidewalks to connect pedestrian and bicycle networks
- Designing safe street crossings by adopting traffic calming measures that slow down motor vehicles
- Creating safe and enjoyable opportunities for recreation and physical activity in the outdoors
- Welcoming bicycles as an alternate mode of transportation
- Identifying / developing safe walking routes to schools and local markets

