



May 2019 Newsletter

May is... **National
Physical Fitness
and Sports Month!**
GET OUT & GET ACTIVE!

Did you know that May is National Physical Fitness and Sports Month? An annual observance, National Physical Fitness and Sports Month is a time to highlight the importance of staying active through sports and other fitness activities. Celebrate this observance by promoting the importance of 60 minutes per day of physical activity for kids (and adults 30 minutes per day) and providing opportunities to be physical activity at school and at home.

Here are just a few benefits of physical activity:

- **Children and adolescents** – Improve muscular fitness, bone health, and heart health
- **Adults** – Lower the risk of heart disease, type 2 diabetes, and some types of cancer
- **Older adults** – Lower the risk of falls and improve cognitive functioning (like learning and judgment skills)

How can National Physical Fitness and Sports Month make a difference?

We can use this month to raise awareness about the benefits of physical activity – and spread the word about fun ways to get moving!

Here are just a few ideas:

- Encourage families to make small changes, like taking a walk after dinner or going for a bike ride.
- Motivate teachers and administrators to make physical activity a part of every student's day.
- Identify youth leaders in the community who can talk to their peers about the importance of being active.

BICYCLE & PEDESTRIAN COUNT PROJECT

Sponsored by:



For Information: Contact Josh Unterbrink, 419- 303-3387

Bicycle & Pedestrian Counts

The Allen County Bicycle and Pedestrian Task Force is in need of volunteers to help count pedestrians and bicyclists at key locations around Allen County starting on May 13, 2019. These counts will measure effects of infrastructure improvements (such as signage, crosswalks and bikeways) and land use changes on pedestrians and cyclists. Data collected will:

- Track changes in mode share for walking and bicycling
- Justify funding for future biking and walking infrastructure projects
- Allow planning and municipal agencies to better coordinate their work
- Inform efforts to manage and mitigate traffic congestion

We will be counting in 2-hour blocks at several locations. We're looking for as many volunteers as possible.

We are having a special Counting Kick-off, sponsored by Paramount Advantage on Wednesday May 8 at 10:45 a.m. at the Cambridge Center in Lima, OH. All volunteers can stop in for a FREE t-shirt, lunch and to pick up paperwork.

If you aren't able to attend the Counting Kick-off, you can still volunteer on other days. Those volunteers will be able to watch an online training video, complete the counts & return their Count Form to Lima-Allen County Regional Planning Commission or Activate Allen County.

Please consider joining us and/or helping us get the word out.

You can register for a count time at
<https://www.signupgenius.com/tabs/23677df05afcbec42-may2019>.

We plan to continue these counting events to document how our bike and pedestrian facilities are being used and how to make them safer.

To volunteer or for additional information contact Josh Unterbrink at: 419-222-6045 or junterbrink@activateallencounty.com.

BRING YOUR BIKE.
HAVE FUN.

SATURDAY

MAY 18

BIKE RODEO

**& FOOD
DISTRIBUTION**



**Food
distribution made
possible by:**



PRESENTED BY:



10 a.m. - 12 p.m. Bike Rodeo

Hosted by WOCAP:
540 S. Central Ave. - Lima, OH

FREE Helmets, Food, Fun & More!

Bicycle Safety Checks by:





Partnership with Working Partners and Mental Health Board to host Drug Free Workplace Clinic

<https://www.limaohio.com/news/349105/drug-free-workplace-assistance-clinic-scheduled-3>



Family Night at Freedom Elementary to close out the Crave the Fav program in partnership with Bluffton Dietetic students

In the News!

Bike Rodeo Promotion on Noon Edition

https://www.hometownstations.com/bike-rod eo-bike-pedestrian-count/video_52a76d55-54 05-57d2-898e-fa3ad6e4023a.html



Mayor's Media Briefing Promotions



<https://www.facebook.com/251715038280703/videos/1270384039791194/>

<https://www.facebook.com/251715038280703/videos/579185029256681/>

Partnership with Paramount and Save-A-Lot for Healthy Grocery Store Tours

https://www.hometownstations.com/news/activate-allen-county-providing-healthier-options-through-grocery-store-tours/article_9dc81d1e-6b8a-11e9-acdd-6351e7f134d0.html?fbclid=IwAR2roQUcgc-xVm6z_cEjkhTMEpAMKeLgKd9_T-J0Jz_jwQqvBOnARA2LArBU



May 2019

YOU Are Activate! Check out the updates to our website that were recently completed! Please follow us on Facebook and Twitter if you have not already done so! Website: www.ActivateAllenCounty.com

Changes include:

- Who We Are Section to better highlight our journey
- CHIP Priority areas are highlighted
- Upcoming “Activate Approved” Community events
- Get Involved section includes workgroups to join
- Activated Challenges all housed together

#WeAreActivated

Activate Allen County is a public health initiative committed to improving the health of all Allen County residents.



Priority Area 1:

Improve Mental Health and Substance Use



Priority Area 2:

Increase Wellness/Decrease Chronic Disease



Priority Area 3:

Improve Maternal and Infant Health Outcomes



Priority Area 4:

Housing and Public Transportation

Have a community success story to share?



twitter.com/ActivateAllenCo



facebook.com/ActivateAllenCounty



Instagram

instagram.com/activate_allen_county/



Interested in more information about current chronic disease prevention programs/events?

Contact us: 419-222-6045 • Email: kmonfort@activateallencounty.com