



2010 Winter Warm-Up Update Week # 9—March 20, 2010

“Garden for Health” & “Learn and Live” - representatives from the American Heart Association, Michigan Fitness Foundation and the Garden Project of the Greater Lansing Food Bank shared information that will enable us to improve our health and make healthy lifestyle choices. 115 walkers signed in and 79 activity logs were submitted, documenting regular physical activity. *It has been an empowering 9 weeks, congratulations on taking action to decrease your risks for heart disease, diabetes and other serious diseases. But more important, you should feel good about your commitment to increasing your energy and fitness - enjoy your new vitality!*

“Garden for Health” was presented by Ann Rausher from the Garden Project of the Greater Lansing Food Bank. Ann relayed the benefits of growing and preserving your own fresh vegetables at home or in a community garden. There was a seed starting activity for us to try and seeds to take home.



Jason Harder from the American Heart Association had great materials on healthy eating, controlling your risk factors, heart disease, stroke and their advocacy programs. The advocacy programs work with lawmakers, encouraging them to support life-saving legislation for all of us (for example: Complete Street Resolutions, Smokefree Air, Funding Action to fight the No. 1 killer of women - heart disease).

What are Active Communities all about? Sarah Panken from the Michigan Fitness Foundation presented information on *Complete Streets*:

- *Complete Streets* are designed and operated to enable safe access for all users.

Pedestrians, bicyclists, motorists, and public transportation users of all ages and abilities are able to safely move along and across a complete street.

- Complete Streets' policies improve safety for everyone on the road..

Safe Routes to School Programs: A worldwide movement to make it safe, convenient and fun for children to bicycle and walk to school; provides easy ways for children to get the regular physical activity they need for good health; helps to ease traffic jams; reduce air pollution; unite neighborhoods; and contribute to students' readiness to learn in school.

Sarah had some thought provoking questions for those participating in the Virtual Walk Game:



1. *If you were to ride your bike a total of 1 hour/day to work, school or to run errands, how many calories would you burn?* 29; 400; 250; 1050
2. *What are the benefits of the safe Routes to School Program? (Check all that apply)* Healthy Children; Gives lonely side-walks company; Good for the environment; Save money on gas
3. *1/3 of all the trips that we use our cars for are less than 2 miles (a bikeable or potentially walkable distance)?* True; False
4. *There is no one prescription for a complete street. List common features of a complete street.*
 - sidewalks,
 - bike lanes,
 - wide shoulders ,
 - plenty of crossing opportunities,
 - refuge medians,
 - bus shelters and crossings,
 - special bus lanes,
 - raised crosswalks,
 - audible pedestrian signals,
 - sidewalk bulb-outs.

2010 Winter Warm-Up with the Blues Community Challenge Update:

Shelley DuFort from Blue Cross Blue Shield of Michigan sent an AMAZING report:

Walkers in the 9 participating communities have logged 84,933.78 miles!!!

That number of miles is equivalent to 3,229 completed marathons!!! Inspiring community efforts continue. Stay tuned for the announcement of the winner next week!

Thank you to:

- ~Lauren Evans and the WILX Team for the super Winter Warm-Up coverage!
- ~Ann Rausher, Sarah Panken and Jason Harder for enlightening presentations on how to live healthier lifestyles.
- ~Blue Cross Blue Shield of Michigan for the healthy and fun community-wide fitness challenge.
- ~Okemos High School National Honor Society Students for their help with registration and set-up.

Next week: March 27 is the Winter Warm-Up CELEBRATION!

- Jodi Davis, Walking & Healthy Habits Advocate for Blue Cross Blue Shield of Michigan will join us as we celebrate our steps to better health and conclude the 10-week Winter Warm-Up!
- Interested in checking your personal progress? BMI assessments, Blood Pressure Checks and a 15 minute timed walk will be included in the morning's activities.
- 2010 Winter Warm-Up with the Blues Community Challenge winners will be announced and community grants awarded!
- Prize drawings for the Dedicated Walker and Super Star Contests and more!
- The 2nd Annual Walking In Our Community Series calendar will be presented.
- Community Challenge teams and Satellite Groups will join us!
- **We are looking forward to a fun and festive morning!**

Submitted by Alicia Armstrong

Together we can help make mid-Michigan a healthy, active place to live!