

Active Communities are Healthy Communities



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Active communities provide safe and convenient opportunities for physical activity. Active living integrates physical activity into daily routines such as walking and biking for transportation or recreation, playing in the park, working in the yard, or using recreation facilities. Active living policies and practices in community design, land use, and facility access have been proven effective to increase levels of physical activity.

Get Fit Itasca has been preparing to implement systems, environment, and policy changes to increase active living in Grand Rapids by doing an assessment of what opportunities currently exist in our community. Through data gathering using existing plans, GIS, and public input a Get Fit Itasca Active Living Work Plan has been created. Objectives of the plan include:

- Add signage kiosks in high traffic foot/bike areas to inform residents of trails and direct non-motorized routes.
- Publish maps for residents and visitors that show non-motorized transportation routes and recreational areas.
- Market the existing 61.5 miles in the current trail system including the Tioga and Mesabi Trails.
- Be involved in the City of Grand Rapids' Comprehensive Planning Process
- Connect the gaps in the non-motorized transportation routes in Grand Rapids.

Get Fit Itasca/SHIP Active Living Coordinator, Meghan Bown, will use the work plan as a guide to work with area agencies and residents in making evidence based changes to our community that will give us the ability to be more active in our daily lives. If you would like to participate in increasing active living opportunities in Grand Rapids please contact Meghan Bown 327-1161 ext.240.