



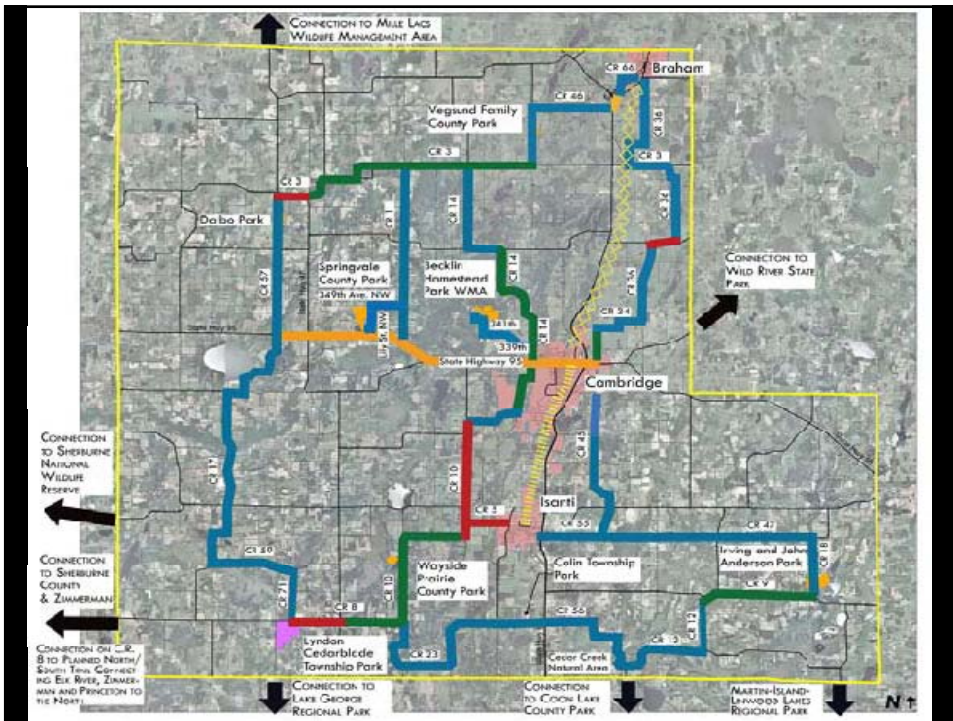
5 "P's"

- Preparation
- Promotion
- Programs
- Policy Influence
- Physical Projects



Partnerships

- Through partnerships we were able to influence planning design and new policies



TRAIL ACCESS UNDER HIGHWAY 65 BYPASS



PRIME TIME WALKERS CAMBRIDGE, MN

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THEY WALK

"I JUST DON'T WANT PEOPLE TO GROW OLD BEFORE THEIR TIME." - LOIS TUREN

"I think people are looking for a group like this," observes Lisa Perlick of Active Living by Design. The walking group is the fulfillment of Active Living's goals that people increase their level of physical activity.

"It's more fun to go with a group," agrees Vivian Anderson. "You feel obligated when you say, 'I'll come.'" She, too, is a Prime Time Walker - though she admits half the fun is going to the bakery afterwards.

Anderson's walking partner, Pat Peterson, is a woman who exercises each and every day. "I'm afraid I would atrophy," Peterson says. Not only does walking keep her in shape, but it keeps her happy.

"It makes me feel good," admits 75-year-old Alf Spratte, who walks six miles each day. He walks even if it's cold and rainy, by moving indoors to one of the big box stores in Cambridge (Wal-Mart, Target, Menards, etc.).

All that and more

Besides that, walking relieves tension.

"When you're upright, going for a walk is very nice," says Bill Carlson.

"If you've really got things on your mind, going out for a

BILL CARLSON (left) brought his walking stick along for a Tuesday morning stroll with Prime Time Walkers. He regularly walks along Cambridge city streets. Carlson sees walking as a way to connect with neighbors. (Photo by Tessa M. Christensen)

ABOUT FAITHFULLY FIT

- Meets at the Cambridge Lutheran Church every Tuesday and Friday 10am
- The program mixes strength training, aerobics, health education and a devotional.

IDEAS FOR FITNESS

SWIM

- Country Inn pool in Cambridge, 763-689-0542. Su-Th. 7am to 10pm, F 7am-4pm. Sa. closed. \$3 - 14 and under, \$4 adults. Passes available.
- Cambridge-Isanti High School pool
- Aquatic Center in Rush City. Open summer months.
- American pool in North Branch, 651-674-8827. \$5; call in advance.
- Budget House in North Branch, 651-277-8000. Su & Mm. 3-8pm. Tu, W, Th. 1-8pm. \$2 (bring your own towel)

WALK

- In your neighborhood! Start your own club or join another. Call Active Living by Design at 763-552-3254.
- Big box stores (ie. Wal-Mart, Target, Menards)
- District 911 school buildings - Call 763-569-2796 for a pass.
- District 314 elementary school - Call Community Education at 320-396-4444 to register.

