

# Active MI

Summer 2011

MICHIGAN  
FITNESS  
FOUNDATION

[www.MichiganFitness.org](http://www.MichiganFitness.org)

## Endorsed Events

### Get Out and Be Active

Summer months in Michigan provide an opportunity for families to enjoy the weather while staying active. The Governor's Council on Physical Fitness, Health and Sports endorses hundreds of local, regional, and state events including numerous 5K runs, canoe and kayak races, bicycling tours, triathlons and more. Don't miss your chance for fun in the sun! If you are looking for activities around your community this summer, check out endorsed events at [www.michiganfitness.org/endorsements/index.php](http://www.michiganfitness.org/endorsements/index.php).



**FARM BUREAU  
INSURANCE®**  
Michigan's Insurance Company



### Register for a Kidney Walk!

The National Kidney Foundation of Michigan's Kidney Walk is a fun, inspiring community fundraiser that calls attention to the prevention of kidney disease and the need for organ donation. Thanks to the money raised through the walks, the NKFM is able to offer prevention and education programs, direct patient services, and much more. Several Kidney Walks will take place in Michigan in 2011. To find a Kidney Walk in your area visit [www.KidneyWalk.org](http://www.KidneyWalk.org).



## Michigander Ready, Set, Bike



Breathtaking scenery through Michigan's trails provides a memorable family-friendly bicycle tour. The two-, six- or seven-day tours take place on July 16 – 23 and include camping each night, two meals provided each day, shuttle service for your luggage, and refreshment stops. This tour is ideal for all ages and all types of bicycles. Proceeds of the ride benefit the Michigan Trails & Greenways Alliance (MTGA) in their efforts to connect Michigan through a statewide system of trails. For more information, to register, or to become a MTGA member, visit [www.michigantrails.org](http://www.michigantrails.org).

## Summer Reading

Keep your family reading this summer and visit your local library or bookstore to discover new books about making healthier choices, such as:

- **Carla's Sandwich** by Debbie Herman  
Carla's unusual preference for sandwich fillings teaches the message that being different is good and trying new food is fun.
- **The Monster Health Book** by Edward Miller  
This book allows Monster to teach parents and children about balancing nutrition, exercise and making healthy choices throughout the day.

The Health Through Literacy program includes these and many other books with nutrition and physical activity messages aimed at children in pre-k through 5th grade. For more information on Health Through Literacy, visit [www.pe-nut.org/health-through-literacy](http://www.pe-nut.org/health-through-literacy).



## Do Your Kids Walk or Bike to School?



When the routes are safe and the distance is reasonable, allowing your child to walk or bicycle to school gives them the daily physical activity that they need. Today, only 12 percent of children walk or bike to school compared to nearly 50 percent only 40 years ago. Safe Routes to School is working to make it safe, convenient and fun for children to exercise on the way to school. To learn more about Safe Routes to School go to [www.saferoutesmichigan.org](http://www.saferoutesmichigan.org).

## Healthy Kids, Healthy Michigan Successes

Healthy Kids, Healthy Michigan (HKHM) is a coalition comprised of more than 120 organizations statewide dedicated to reducing childhood obesity and improving the health of Michigan's youngest residents. Successes for HKHM in 2010 include passage of Complete Streets legislation and state school nutrition standards.

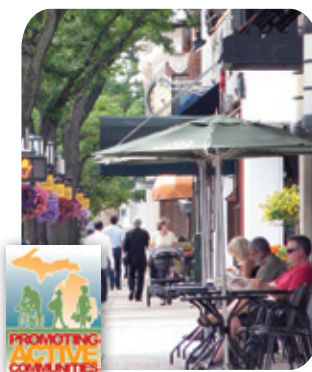


Last summer, the Michigan Legislature passed House Bills 6151 and 6152 that call for **Complete Streets**, which are roadways designed with all users in mind, including motorists, bicyclists, public transit users, and pedestrians of all ages and abilities.

In addition, HKHM is supporting improved school nutrition standards recently approved by the State Board of Education. For more information, visit [www.healthykidshealthymich.org](http://www.healthykidshealthymich.org).

## Be an Advocate for Healthy Lifestyles in Your Community

Active living communities are places where it is easy, safe and inviting for children and families to walk or bike to school, the park or the library. These communities are great places because they often have business growth and increased retail sales, opportunities for people of all ages and abilities to lead active lives, a cleaner environment, increased safety, and enhanced community pride. Want your community to be an active living community? Use the Promoting Active Communities (PAC) assessment to investigate what your hometown is already doing to support active living and where improvements can be made. Join the 128 Michigan communities from 53 counties that have already completed the PAC assessment. Be part of the active living network in Michigan, visit [www.mihealthtools.org/communities](http://www.mihealthtools.org/communities) for more details and to register. A community that makes it possible to weave physical activity into daily routines is a great place to live, work and play!



## Farm Bureau Insurance of Michigan

For the 13th consecutive year, Farm Bureau Insurance is partnering with the Michigan Fitness Foundation to bring you ACES (All Children Exercise Simultaneously) Day. ACES is a one-day event highlighting the importance and fun of regular physical activity. Their continued support allows Michigan schools to participate for free. Thank you to Farm Bureau Insurance and its agents across the state for your continued support of healthy lifestyles for Michigan youth.



### Physical Activity in your Daily Routine: As easy as 1-2-3

- 1 Ditch your car keys.
- 2 Visit [www.prevention.com/mywalkingmaps](http://www.prevention.com/mywalkingmaps) to check out maps so you can plan routes for family outings, to work and your child's school. Record your family's distance, pace and calories burned.
- 3 Hop on your local routes and trails to walk, bike or roll to a healthier family.

*A publication of the Michigan Fitness Foundation*

**(800) 434-8642**  
[www.MichiganFitness.org](http://www.MichiganFitness.org)

The Michigan Fitness Foundation envisions a physically educated population with the knowledge and skills to enjoy a healthy, vigorous and safe lifestyle in communities designed to support physical activity.