



Streets Alive!

"Turn off your engines. Turn on your hearts."

Sunday, September 18, 2011

Streets Alive! Headquarters

US Bank Plaza, Broadway and 2nd Ave, Fargo



- **Demo** the B-cycle bike sharing system. Fargo won (Moorhead was 4th) in the B-cycle bike sharing national "Who Wants it More" contest.
- **Sign up** for "Join the Movement" at www.fmjointhemovement.org and help make Fargo and Moorhead the healthiest cities in the nation.
- **Streets Alive!** t-shirts for sale - \$10.

ParticipationParkway!

Davy Memorial Park, 210 8th St N, Moorhead

- **Screamin' Eagle 1 mile run** - Noon start - ends at Fargo Theater
To register, go to www.dakmed.org/cass/streets-alive-activities/
- Free chair massages
- Arthritis exercise program demos
- Veggie tasting
- Tumble on gymnastic mats
- Lawn games
- Basic bicycle maintenance

EducationAvenue!

Horace Mann Elementary, 1025 10th Ave N, Fargo

Climbing Wall: Feel your muscles come alive as you ascend the wall.

OntheStreets!

Find these activities as you cruise the route:

- ➔ Grilled Veggie Kabobs with NDSU Team Makers and Farmer's Market on 1st Ave Bridge
- ➔ Electronic Dance Music: Noon-5 p.m. by DJ Jordash & others
- ➔ FM Derby Girls : Bring your skates, bike, or skateboard and "roll" with the Derby Girls.
- ➔ Rock City Riot: Roller derby demos - 1:30-3:30 p.m. - 1st Ave near Broadway
- ➔ Square dancing demos throughout the afternoon - Broadway and 6th St

EatandGreetStreet!

Great Northern Park, 425 N Broadway, Fargo

- ➔ Refresh and refuel with healthy food and beverages
- ➔ Bring your friends and family and ride The Mighty Quinn, a 5-seat bicycle, down Broadway!

ActivityAlley!

Oak Grove Park, 170 Maple St N, Fargo

12:15 p.m.	MELT by Maximum Performance & Fitness
12:45 p.m.	Kickboxing by Xtreme Measures
1:15 p.m.	Zumba Fitness by Courts Plus
1:45 p.m.	Turbokick I by the Y
2:05 p.m.	Kickboxing by Sanford
2:30 p.m.	Kid's Circuit by TNT Kid's Fitness
3:00 p.m.	Body Attack by Courts Plus
3:30 p.m.	Turbokick by the Y
4:00 p.m.	Zumba Fitness by Gasper's School of Dance
4:30 p.m.	Zumba Toning by Gasper's School of Dance



After Streets Alive!

- Plan your physical activity the night before - just like your meals
- Tell your friends and family about your physical activity goals
- Choose an activity that fits into your daily life
- Choose activities you enjoy!!

At Home

- Do sit ups in front of the tv or lift weights
- Garden or make home repairs
- Walk the clean laundry to every room
- Clean: dust, vacuum, mop
- Do workout videos from your living room
- Do yard work: rake, push mow, pick weeds
- Take a family walk after dinner
- Take your pet for a walk
- Dance to music
- Watch tv while on a treadmill
- Wash your car by hand



Anytime/Anywhere

- Take the stairs
- Join an exercise group
- Walk or bike instead of drive whenever you can
- Get off the bus a stop or two early and walk the rest of the way
- Park farther away

At Work

- Ride your bike to work once a week
- Get a headset for your phone so you can walk around while you talk
- Deliver documents and messages to co-workers in person rather than email
- Use a pedometer - keep track of your steps - aim for 6,000 to 10,000 steps a day
- Use the restroom on another floor and use the stairs or just go to one farthest away
- Set an alarm to go off every hour to remind yourself to get up and stretch or walk around
- Walk by yourself or with a co-worker during your lunch break
- Sit on a workout ball instead of your chair

Winter Exercise

- Find winter activities: sledding, skiing, snow shoeing, skating, hockey
- Shovel
- Play in the snow

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