



### Impacting Poverty Through Active Living Initiatives

Maintaining a daily active lifestyle and having a community that supports this behavior is critical for improving the health of Spartanburg. This is especially important for those living in poverty, who are more likely to be obese or overweight and in turn develop chronic diseases like cardiovascular disease and diabetes.

Examples of how our work serves those living in poverty:

1. **Childhood Obesity**—PAL and our community partners are working to reduce childhood obesity rates in Spartanburg County, specifically within four low-income communities. We are focusing on policy and infrastructure change related to active living and access to healthy food. By changing policies and the community design, PAL hopes that healthy lifestyles are able to be sustained. Sustained change is often difficult with programs alone.
2. **Hub Cycle**— Our bicycle lending program called Hub Cycle surveys our borrowers. For 25% of our users, the bicycle is their sole form of transportation. In addition, 40% have a household income of \$25,000 or less.
3. **Spartanburg Junior Cycling**— In partnership with Spartanburg School District 7, PAL offers a bicycling team for junior high and high school students. Interested students who meet free or reduced lunch standards are given a bicycle and all of the gear to use. Our goal is to introduce lifelong fitness.
4. **Girls on the Run**— Nationally, Girls on the Run offers a scholarship to 33% of participants. However, in Spartanburg we give scholarships to 65% of participants, almost double the national average.

### Welcome New Staff!

#### **Jessica Bunn, Urban Trail Coordinator**



Jessica Bunn recently joined Partners for Active Living. Originally from Chattanooga, Tennessee, Jessica graduated from Georgia Southern University in 2006 with a bachelor's degree in public relations. She moved to Spartanburg in 2007 and worked in nonprofit resource development before joining PAL. She is serving as

board chair for Spartanburg Young Professionals and is a member of Junior League of Spartanburg as well as the Upstate Alumna Chapter of Alpha Omicron Pi.

#### **Anne Hudak, Active Lifestyles Coordinator**



Anne Hudak joined the Partners for Active Living staff at the first of May. Anne graduated from Clemson University with a degree in Health Science and has gained experience through health event planning, community based health initiatives and

health education. Anne grew up in a suburb of Boston, Massachusetts and currently lives in the Greenville area.

**About Partners for Active Living (PAL):** Partners for Active Living seeks to make Spartanburg County a healthy, more livable community by promoting walking, bicycling, and physical activity on a daily basis.

For more information, visit our website, which will be updated soon: [www.active-living.org](http://www.active-living.org).

**Want to Get Involved?**  
Opportunities to get active with  
PAL and our partners!

Every Friday at Noon: Lunch-  
time Bicycle Ride from Mary  
Black Foundation

Hub City Farmers' Markets:  
Wednesday & Saturday -  
Downtown Spartanburg  
Thursdays - Inman  
Fridays—Woodruff

July 17 & August 14:  
Kayak Your WaterShed  
Lake Blalock  
Spartanburg Water (578-5442)

## Consider Joining!

Please consider joining Partners for Active Living's membership program. We have levels of giving that start at only \$50.

Send a tax deductible donation to:

P.O. Box 6728; 29304



## PAL & Farmers' Market Children's Bicycle Parade

Featuring: Stuart & Annie Phillips



**Partners for  
Active Living**

Post Office Box 6728  
Spartanburg, SC 29304



**HUB CYCLE**  
SPARTANBURG COMMUNITY BICYCLES



**Healthy Kids,  
Healthy Communities**

Supporting Community Action to  
Prevent Childhood Obesity



**-Some of our Programs-**