

Active Updates

Volume XIII

March 2011



Partners for Active Living

Making the Case for Active Living

Like many communities, Spartanburg County faces a health crisis. 70% of our adults are overweight or obese, and 34% of children face the same reality. The consequences of our health status are many.

- Those who are overweight or obese are more likely to develop cardiovascular disease, diabetes and some types of cancer (by 2050, the CDC believes that 1 in 3 adults will have diabetes).
- Care for chronic diseases is expensive. Current research says that every \$1 spent on prevention saves \$3 in reactionary care.
- Because of the impact of chronic diseases, the current generation of American children may have a shorter life expectancy than their parents.

Partners for Active Living is working to counter this growing health issue. Our goal is to address one of the risk factors for chronic diseases: physical inactivity (the others are tobacco use and poor nutrition). Our health issues come at a time when more workout facilities than ever are available and the opportunities for children's sports are many (and we believe that both are great but not the only answer!).

But Partners for Active Living envisions a community where walking and bicycling are an easy part of everyday life. We want to see a local resident who enjoys running feel safe and encouraged just as much as a family and their young children who want to walk or ride bicycles to a neighborhood park or around town to visit friends.

To see this vision become reality, PAL takes a three-pronged approach in creating a healthier, more active community: encouraging infrastructure that supports walking & bicycling, developing community and political support for healthier communities, and supporting programs that encourage walking and bicycling as part of daily life.

For more information on our efforts, visit www.active-living.org

A Community that Plays Together Stays Together!



Over the last few months, Partners for Active Living (PAL) and Southside Unity in the Community (SSUITC) have been working together to determine the most effective form of collaboration for the organizations. The process was funded through a grant from Clemson Compassion and Spartanburg County Foundation.

The two have a shared history. Years ago, volunteers from SSUITC led walking school buses (i.e. walking carpools) as a partner with PAL in promoting safe walking and bicycling to school. Then in 2006, PAL served as a cheerleader for SSUITC's effort to re-energize Irwin Park on the Southside of the City of Spartanburg.

The two groups will again partner on March 12 for an event called "A Community that Plays Together Stays Together." This community play day will encourage physical activity for Spartanburg's families with a basketball tournament, dancing, bicycling and more. The event will be held from 2-5pm at Priscilla Rumley Park and on Hudson Barksdale Blvd.

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.

Want to Get Involved?

Opportunities to get active with PAL and our partners!

Fridays at Noon: Lunchtime Bicycle Ride from the Mary Black Foundation

February 25: Critical Mass from Morgan Square

February 26: Heart Health Walk for Women on the Rail Trail

March 9: Green Screen film series—The Bicycle Thief

March 12: A Community that Plays Together Stays Together!

Community play day at Priscilla Rumley Park in partnership
with Southside Unity in the Community

April 15: ArtCycle Launch and Downtown Art Walk

May 6: Downtown Spartanburg Criterium

See our website for more details on these and other events: www.active-living.org

In order to continue promoting active living and healthy lifestyles in
Spartanburg County, we need your help.

Please consider joining Partners for Active Living.

You can now donate online by visiting our website: www.active-living.org or
send your tax deductible gift to:

Partners for Active Living
P.O. Box 6728
Spartanburg, SC 29304



**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-