



ACTIVE LIVING

INTRODUCTION

The Isanti County Parks and Bike Path Master Plan was sponsored by Isanti County Active Living (ICAL) and funded by the Robert Wood Johnson Foundation. ICAL is a local organization that is part of Active Living by Design (ALbD), a national program of the Robert Wood Johnson Foundation. ICAL and ALbD strives to promote the increase and enhancement of physical activity choices within peoples' daily lives. ALbD recommends the following 5 strategies for comprehensive promotion of active living:

1. Preparation – fostering partnerships throughout the region.
2. Promotion – communicating the message of active living.
3. Programs – creating programs that heighten demand for physical activity in the community.
4. Policy Influence – influence decisions that impact policies and programs that support active living.
5. Physical projects – develop parks, trails, bikeways and sidewalks to promote physical activity.

The project approach, time line, public engagement and Steering Committee was combined with the 2007 Isanti County Parks and Recreation Plan (Parks Plan) update effort because of the similar nature and potential synergy between the two plans. The Master Plan is an extension of a larger ICAL project to facilitate active living for the citizens of Isanti County. Isanti County (along with the Cities of Isanti, Cambridge and Braham) through the broader ICAL project, have identified the following goals for integrating physical activity into daily life:

1. Develop and maintain an effective partnership to promote physical activity.
2. Increase community awareness of the health and other benefits of active living.
3. Increase access to and availability of diverse opportunities for physical activity.
4. Enhance policy and organizational supports for physical activity.
5. Improve built and natural environments to support active living.

ACTIVE LIVING



ACTIVE LIVING BY DESIGN (ALBD) PRINCIPLES

Active living is a way of life that integrates physical activity into daily routines. The goal is to accumulate at least 30 minutes of activity each day. Individuals may achieve this by walking or bicycling for transportation, exercise or pleasure; playing in the park; working in the yard; taking the stairs; and using recreation facilities.

In committing to promoting and increasing physical activity, these principles will guide future interdisciplinary collaboration in the active living movement.

1. Physical activity is a behavior that can favorably improve health and quality of life.
2. Everyone, regardless of age, gender, language, ethnicity, economic status or ability, should have safe, convenient and affordable choices for physical activity.
3. Places should be designed to provide a variety of opportunities for physical activity and should accommodate a wide range of individual preferences and abilities.
4. Development patterns should encourage mixed uses, compact design, and a variety of transportation choices.
5. Buildings should be designed and oriented to promote opportunities for active living, especially active transportation.
6. Transportation systems, including transit, should provide safe, convenient and affordable access to housing, work sites, schools and community services.
7. Parks and green space, including trails, should be safe, accessible and part of a transportation network that connects destinations of interest, such as housing, work sites, schools, community services and other places with high population density.
8. Municipalities and other governing bodies should plan for ongoing interdisciplinary collaboration, promotion of facilities, behavioral supports, policies that institutionalize the vision of active living, and routine maintenance that ensures continued safety, quality and attractiveness of the physical infrastructure.
9. Community governing and planning processes should address the multiple impacts of the built environment and transportation choices on residents' ability to be physically active.

Active Living Essentials, Active Living by Design, online reference, September, 2007.