

For Immediate Release
May 28, 2009

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Bicycle Giveaway from the City of Columbus Gets our Kids Moving
Columbus Public Health's Institute for Active Living

Young people in the after school programs of City's seven settlement houses will be riding brand new bicycles, thanks to Columbus Public Health's Active Living initiative. Council Member..... and Dr. Teresa Long stood joined 21 kids and at St. Stephens Community House, 1500 East 17th Avenue today at 4:30pm.

"Bicycling is a great way for our kids and our families to get moving so that they live a healthy and active life," said Council Member.....(Ivanic will write or okay). "As Columbus strives to be one of the most bike-friendly cities in America, it begins with our children learning to be safe and active cyclists."

Each of the seven settlement houses, including Beechwold/Clintonville Community, Resource Center, Central Community House, Gladden House, Godman Guild, Neighborhood Community House, Southside Settlement House, St. Stephens, and x, stepped up and identified 3 young people who needed bicycles. Each young person received a bicycle, a helmet and a lock. The young people will be fitted with bike helmets and given a bike safety information at the event.

"We know that the earlier we engage our children to be active and eat nutritious food, the better chance we have for them to grow up with healthy weights and avoid chronic diseases such as diabetes," said Dr. Teresa Long.

The discounted bicycles from K-mart provide kids with the opportunity to learn about bike safety, understand that they are required wear a bike helmet, and to play with other friends.

Bill Owens quote (President of Settlement Houses board)

The Bicycle Giveaway is on the heels of the City's annual bicycle event, BikeColumbus, on Saturday, May 30th at COSI. BikeColumbus includes 7/20/50/66 mile rides and will feature parting gift bags, Trek Bicycle raffles for one adult and one children's bike, food and family entertainment. You may register at considerbiking.org or print out the registration sheet online and send a check, made out to "The Foundation for Active Living" to the Columbus Foundation, 1234 East Broad Street, Columbus, 43205.

The Institute for Active Living, housed in Columbus Public Health (CPH), works with other CPH programs including the Heart Health Network, Healthy Children, Healthy Weights and Healthy Places to promote healthier kids and diabetes prevention. All funds raised in BikeColumbus will benefit Columbus Public Health and initiatives that provide more access and opportunities for physical activity and nutritious food in neighborhoods with health disparities.

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"Brightening Lives Since 1919"

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