

# Ideas from Break Out Sessions

## Physical Activity

### Ideas Ready for Action

- Make sure health indicators are evaluated as part of the City's decision making process
  - Develop criteria regarding health indicators to consider in land use and transportation approvals and budgets
  - Identify models and best practices from successful cities to incorporate into the code
  - *Planning Commission, Zoning & Platting Commission, Parks & Recreation Board*
- Improve/increase access to PARD's facilities
  - Review the PARD master plan, assess areas of high need
  - Identity funding partnership opportunities between PARD and ISDs
    - Shared facilities of city and school
    - Create consistent policy
    - Physical education more of a priority for school district
  - Community outreach and marketing campaign to promote low cost and free programs
  - Better lighting at parks, rec centers
  - Park patrols
  - Extracurricular fitness opportunities with incentives for kids
  - Skate parks
  - *Parks & Recreation Board, Community Development Commission, Early Childhood Council*
- Turn recreation centers/parks into community centers, more opportunities for active use of parks
  - Organize sponsorships
  - Resource book for organizations
  - Public/private partners for health options
    - Where current evidence-based programs working
  - Connectivity overall (e.g. safe routes)
  - Change programming, hours
  - Pools open earlier in the year, longer season, more days, more pools
    - Pools in areas with high obesity
  - Longer hours for rec centers
  - Better lighting for park/rec/neighborhood centers
  - Hot zones/spots
  - Adventure playgrounds
  - Permit allowances for food vendors etc
    - Create draw to park
  - More funding for Parks programs
  - Convene stakeholders, create plan/process
  - Involve neighborhood schools
  - Create accessible fitness stations at parks and schools

- Welcoming/inviting spaces
- ☞ Educate neighbors about resources
- *Parks & Recreation Board, Early Childhood Council, Planning Commission*

## Additional Ideas

- Free advertising for business on Fun Run “promotional”/tax incentive
- Tax break to places/events providing physical activity
- Incentives to families participating in sports/physical activity
- “Fit employer” status -> increase recognition
- Increase advertising opportunities for physical activity (e.g. buses, etc)
- Mile markers in neighborhoods
  - Character of neighborhood
  - Promote walking routes in neighborhood
- Build more sidewalks, buffered bike lanes, traffic calming
- Piano stairs like Europe
  - Make music with steps
  - Make physical activity fun
- Kids health day – physical activity business features
- Ciclovía – Interdepartmental coordination
  - Community physical activity events