

# Building More Active Communities

Presented by Walkable Communities expert Mark Fenton

Hosted by Western U.P. Health Department with funding from Michigan Department of Community Health

Wednesday, Feb. 16, 2011 from 11:30 to 2 at the Ramada Inn, Hancock

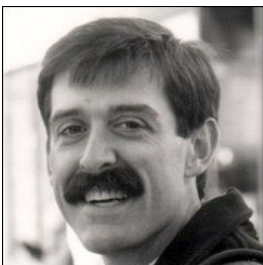
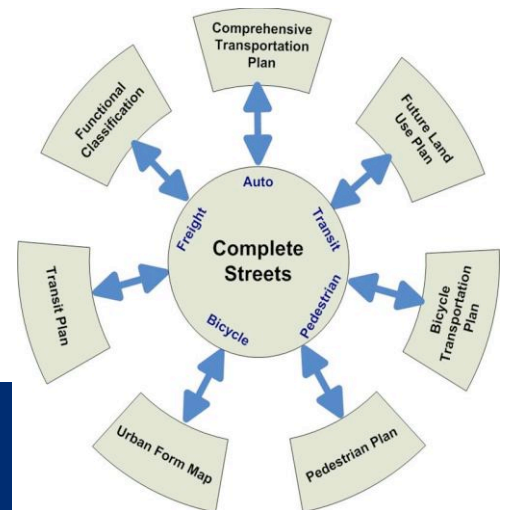
(From Houghton, north on Highway 41, across the Portage Lift Bridge, make two right turns off the bridge ramp and follow the signs)

- Building community health in every sense: economic, environmental and public health
- The four keys to healthy community design, and the benefits
- Approaches from across the U.S., including cold-weather examples
- Cost-effective Complete Streets techniques
- First easy steps to walking- and biking-friendly cities



Free to pre-registered representatives of public health departments, city/county boards and planning commissions, bike and pedestrian committees, planners and engineers, and others working toward policy and environmental changes to support active living.

**IMPORTANT: Call Ray Sharp at 906-482-7382, ext. 163, by Feb. 11 to reserve seats for you and your group. Lunch provided.**



**Mark Fenton is one of the foremost experts on designing healthy, walkable communities.**

Mark Fenton is a national public health, planning, and transportation consultant; former host of the "America's Walking" series on PBS, and an adjunct associate professor at the Friedman School of Nutrition Science and Policy at Tufts University. He's author of several books including the "Complete Guide to Walking for Health, Weight Loss, and Fitness" (Lyons Press, 2008) and "Pedometer Walking" (2006). He's been a lead-trainer for the University of North Carolina's National Center for Safe Routes to School, and facilitated walkable community workshop across North America. A former editor of WALKING magazine, Mark was a member of the US national racewalking team, competing in the 1984 and 1988 Olympic Trials in the 50-kilometer racewalk. He studied biomechanics at the Massachusetts Institute Technology, was a researcher at the Olympic Committee's Sports Science

Laboratory in Colorado Springs, Colorado, and manager of Reebok's Human Performance Laboratory. Mark has published widely in exercise science, physical activity promotion, and community health interventions. He's a vocal advocate for active transportation (even serving on his town's planning board and by-law review commission), a consultant on bicycle and pedestrian community plans, and recognized authority on public health issues and the need for community, environmental, and public-policy initiatives to encourage more walking, bicycling, and transit use.