



**Let's Move! Cambridge**  
*America's Move to Create a Healthier Generation of Kids*

# Newsletter

## February 2012

## Let's Move Cambridge

ONE YEAR ANNIVERSARY

One year ago, on February 7, 2011, the City of Cambridge officially signed on to the *Let's Move* campaign. During this past year, local *Let's Move* partners have been active in promoting a healthy lifestyle for children and families.



### Let's Move with Summer Food

This past summer, the City's Human Services Department paired exercise with the free summer lunch they provide to children in city parks and summer camps. Weekly events at Goldstar Mother's Park, Sennott Park, Greene-Rose Park, Danehy Park and Hoyt field included Zumba, Hip Hop, African Dance & Drum and Kalaripayattu, which is a form of Indian martial arts. Between 60 and 100 kids and adults had a blast participating in healthy activities, and participation in free lunch this summer increased significantly.



### Cambridge adds bicycle parking, disability accessible sidewalks

Cambridge promotes bicycling and walking as a healthy, environmentally friendly way of getting around for all residents.

The City is currently in the process of installing 174 new bike racks at public housing facilities, including housing for families, seniors, and persons with disabilities. Residents or businesses can request bike racks for a sidewalk near them.



Cambridge also wants to ensure that all sidewalks and crosswalks meet ADA/AAB standards to allow the best possible access for residents with disabilities. All intersections have been surveyed to locate missing ramps, and between 2009 and 2011, 171 previously missing ramps were installed.



## Run & Ride at CambridgeSide

In July 2011, the second annual Run & Ride took place at CambridgeSide Galleria. Over 240 kids participated, which was an increase of 140% from the year prior.

Run & Ride at CambridgeSide is a duathlon event, promoting active health and fitness for children. Kids ages 5 to 15 run and bike around CambridgeSide Galleria and although races are not timed, the duathlon is a USAT sanctioned event.



Run & Ride at CambridgeSide is an innovative community collaboration between CambridgeSide Galleria, City of Cambridge, Cambridge Public Health Department, Cambridge Police Department, Cambridge Fire Department and more. The event features prizes, race t-shirts, giveaways, entertainment and fun for the whole family. Run & Ride is free for all participants.

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For more information about the *Let's Move!* campaign in Cambridge, please visit the Cambridge Public Health Department [website](#).

Josefine (José) Wendel, MS, RD  
Let's Move Coordinator

[jwendel@challiance.org](mailto:jwendel@challiance.org)

Cambridge Public Health Department  
119 Windsor Street  
Cambridge, MA 02139  
Phone - 617-665-3765  
Fax - 617-665-3876