



Newsletter

Winter 2017

Let's Move! Cambridge

America's Move to Create a Healthier Generation of Kids

This issue highlights some of the exciting work that recipients of the 2016 Let's Move! and Cambridge in Motion mini-grants have been doing all across the city.

Do you have an idea for a project to help people in Cambridge eat healthy or be physically active? Could you benefit from a mini-grant to put your ideas into action? Email CambridgeinMotion@challiance.org for more information about our mini-grants program.



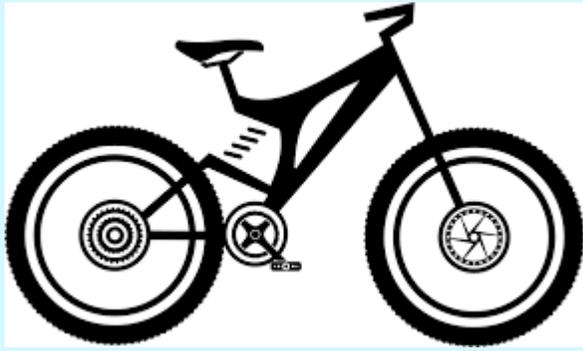
North Cambridge Soccer Nights

Soccer Nights, a program held over five nights in the summer, is becoming a beloved tradition in Cambridge. This year, the Soccer Nights program used the mini-grant funding to purchase six new pop-up goals, 20 new soccer balls, field two new teams, and host 218 players!

Parents agree that Soccer Nights benefits their children, with 97% reporting increased physical activity for the summer, and 100% reporting that Soccer Nights makes their community a better place to live.

“During a relay drill one team was pretty far ahead of the other team. As the first team finished and the second team still had a player yet to go, I was nervous that the losing team would be upset, but the winning team immediately started cheering on the last player on the other team!”





Cambridge Bicycle Committee & RSTA's Culinary Arts

In the spring and fall, the Cambridge Bicycle Committee (CBC) hosts a free, 13-mile bike ride. As incentive to complete the ride and to nourish the cyclists, the CBC offers nutritious snacks before and after the rides. The CBC used its \$500 mini-grant to expand its food offerings and accommodate the growing number of ride participants.

The CBC enlisted the talents of the Culinary Arts students at Cambridge Rindge and Latin School to make healthy snacks for the fall bike ride. The students dished up freshly made wraps for all 250 participants.

“From the initial gathering, to the highly supported and well organized ride, as well as the generous lunch on our return, (the event) appeared to be flawless.”

Morse Preschool: Indoor Equipment

The Morse Preschool didn't want to let rainy days get in the way of their students' physical activity. The preschool used its mini-grant award to purchase new gym gear that can be used indoors and outdoors to engage their kids in physical activity even in inclement weather.

Using the additional equipment to improve literacy has been an added bonus. The large traffic signs, directional arrows, and letter bean bags the school purchased support language skills and promote imagination. When asked “where are you bouncing to?” the kids' responses ranged from “The Library!” to “Dinosaur land!”



“Keeping the children engaged and moving helps them get their energy out in a safe and fun way... (we) have more creative ways to exercise our bodies (and) less behavior management with children more engaged in activities and lots of fun!”



Cambridge Rindge and Latin School: Rise Up

Rise Up, a CRLS summer program, aims to connect coaches with students to increase participation in sports and other physical activities. Last summer, Rise Up students were about 50% more likely to participate in a fall sport. With such a positive impact on student sport participation, the program hoped to attract students this year by promoting it with water bottles. The water bottles not only helped promote the program, but also promoted drinking tap water instead of sugar-sweetened beverages to stay hydrated and healthy!

Rise Up continues to connect students with coaches, increase the students' sense of community and provide them with information about signing up for sports and other physical activities.

Peabody School Family Folk Dance with Healthy Snacks

The Peabody School hosted a Family Folk Dance this past Summer. Using its mini-grant funding, the school was able to hire folk musicians and provide healthy snacks to participating students and families. The live music and snacks engaged more families than ever and, doubling the attendance from past events.

“The community was brought together to dance, snack, and move, even while it was 90 degrees in June!”

“This was the best folk dance ever!”

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

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