About Freeways

The Issue

In Hamilton County, almost 60% of adults are overweight or obese (2005 BRFSS). In Tennessee, the latest youth survey (2007) revealed that 35% of youth were either obese or at risk for becoming overweight.

According to the Centers for Disease Control and Prevention (CDC), 40% of children in the U.S. between ages of 5 and 8 are obese or have high blood pressure or cholesterol levels. More than 1 in 7 children age 6 to 19 years are overweight and have type 2 diabetes, a disease traditionally restricted to adults.

Why is this important?

Overweight children and adolescents are at risk for health problems during their youth and as adults. Overweight children and adolescents are more likely to have risk factors associated with cardiovascular disease (such as high blood pressure, high cholesterol, and Type 2 diabetes) than are other children and adolescents (CDC).

About Freeways

According to the CDC, the largest barrier for parents with low income to engage their families in physical activity was that it costs too much (70.6%) with transportation as second (46.6%). Freeways to Exercise is a community education campaign to promote fun, FREE, and easily accessible physical activities that currently exist in the Chattanooga area. This project focuses on local 3rd-5th graders and their families.

Freeways to Exercise is a community project coordinated by the Chattanooga Chamber Leadership Chattanooga group: 8 Sides of a Circle. This group includes: Kathie Fulgham, Scott Kornblum, Tracy McCrory, Aaron Mills, Kasey Poole, Melissa Taylor, Greg Willett, and Rick Wood.

LEADERSHIP CHATTANOOGA
8
Eight Sides Of A Circle

Produced in partnerships with:

Bike Chattanooga

County Parks & Recreation

City of Chattanooga Parks and Recreation

Hamilton County Department of Education

Hamilton County Step ONE

Chattanooga YMCA

Learn fun, free, and easy ways to be active with your family in Chattanooga.

FREEWAYS to exercise

Chattanooga

A community education campaign to promote fun, free and easily accessible physical activities.

Go ONLINE:
http://freeways2.bikechattanooga.org

Freeways to Exercise Chattanooga

1 Just go outside and play! Play great games like tag, frisbee, hackey sack, jump rope, hopscotch, or hula hoop, fly a kite, tug of war, one-legged sack races, set up an obstacle course, or take chairs outside and play musical chairs. Do silly exercises like bear-crawling or ape-walking. Have a water balloon fight or run through the sprinkler.

2 Walk - pre-dinner, post-dinner, to school, your dog, your neighbor's dog, for charity, through the zoo, to a friend's house or a store, through the mall, across the Walnut Street Bridge to Coolidge Park, anytime! Don't forget Walk to School Day.

3 Walk to a playground and climb ropes, monkey bards or a climbing wall. Did you know that Chattanooga has 21 playgrounds?

4 Hike - Chattanooga has tons of great parks with trails.

5 Bike or mountain bike through the Chickamauga battlefield, up Lookout Mountain, in your neighborhood, or in the Health Department's bike rodeo at the Riverpark.

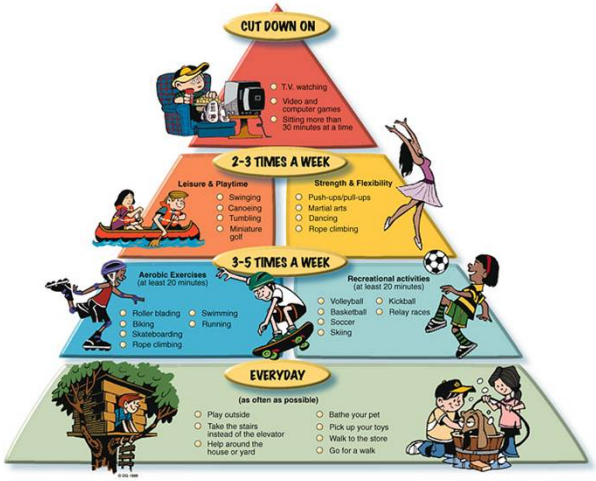
6 Sneak workouts into other activities. Take the stairs instead of the escalator, walk in the supermarket instead of riding in the cart, ask your parent to park a distance away from the store, school or wherever you are going, and walk the rest of the way.

7 Dance (in the living room with flashlights or on a greenway), or take up ballet, tap, or line dancing.

8 Make a game out of household chores: picking up toys, vacuuming, dusting, washing the car, raking leaves.

Did you know?

The Centers for Disease Control and Prevention recommends that children get **60 minutes** of moderate physical activity most days of the week, preferably **EVERY** day.



Kids should **cut down** on TV and Video game time and **increase** time playing outside, walking, trying a sport or aerobic activity.

Go Online!

Visit http://freeways2.bikechattanooga.org to get:

- Freeways to exercise tips for Chattanooga
- Toolbox for families to get active
- Links on where to go in Chattanooga
- Maps