



Indy in Motion

Overall Objectives

- To encourage and promote fitness and physical activities, particularly for **families, children, seniors & people with disabilities**.
- To serve as a central clearinghouse for information and education about physical activities in Indianapolis and Marion County.
- To coordinate citywide fitness initiatives and activities.

Mayor's Indy in Motion Advisory Council

Honorary Chairs

Tamika Catchings, *Indiana Fever*
Jermaine O'Neal, *Indiana Pacers*
Bill Polian, *Indianapolis Colts*
Jeff Saturday, *Indianapolis Colts*
Leroy Thompson, *Indiana Firebirds*

Chair

Ellen Quigley, *Office of the Mayor*

Members

- **Michelle Annee**, *Lawrence Central High School Physical Education Department*
- **Colleen Broderick**, *Indy Parks & Recreation*
- **Dr. Virginia Caine**, *Marion County Health Director*
- **Jeb Conrad**, *chairman, Governor's Council on Physical Fitness & Sports*
- **Stephanie DeKemper**, *Indiana Minority Health Coalition*
- **Dr. Bennett Desadier**, *Aesculapean Society*
- **Michele Goodrich**, *YMCA of Greater Indianapolis*
- **Mark Herrmann**, *NCAA*
- **Capt. Patricia Holman**, *Indianapolis Police Department training coordinator*
- **Rich Howell**, *Indianapolis Colts*
- **Beverly Hurt**, *Indianapolis Medical Society*
- **Dr. Anthony Kaleth, Ph.D.**, *IU School of Physical Education*
- **Bob Kennedy**, *Two-time Olympic runner and American record holder*
- **Dr. Rose Mays**, *IU School of Nursing*
- **Casey McIntire**, *local parent*
- **Juli Pains**, *Mayor's Office of Disability Affairs*
- **Bob Rider**, *Indiana Coordinated School Health Advisory Council*
- **Mark Newman**, *Indiana Sports Corporation*
- **Shawn Shelton**, *Indianapolis Fire Department Fitness Coordinator*
- **James Sieber**, *Latino Soccer Club*



- **Jerry Taylor**, *Nat'l Institute of Fitness & Sport*
- **Andrew VanGordon**, *Indianapolis Senior Citizens Center*
- **Ed Whitehead**, *Galyan's*
- **Jim Whitehead**, *American College of Sports Medicine*

Initial Projects

- ***Indy in Motion Working Group***. This working group – the Mayor's Office, Indy Parks, Marion County Health Department and the National Institute for Fitness & Sport – will staff the initiative and meet monthly to put specific projects in motion.
- ***Mayor's Indy in Motion Advisory Council***. This group, appointed by the Mayor, will meet quarterly and serve as a forum for collaboration, communication and coordination for citywide fitness initiatives. It also will:
 - Set the agenda for the overall Indy in Motion initiative;
 - Give direction to the Indy in Motion working group in creating and developing Indy in Motion programs;
 - Promote involvement in the Mayor's Challenge;
 - Recognize outstanding developments, contributions and achievements in fitness; and
 - Submit annual reports to the mayor.
- ***Mayor's Challenge***. The Mayor will emphasize walking as an easy, yet effective form of exercise. The theme is "Walk Around the Block" and encourages people to walk around their neighborhood, school or the local mall and to start walking groups in their neighborhood. When we hear of great success stories, the Mayor will walk four times a year with these success stories.
- ***Indyfitness.net***. Indy in Motion is developing a website that details everyday activities that keep people active. The website serves as a central website for fitness activities in Indianapolis. It will be divided into categories for families, children, seniors and people with disabilities. It also will note if activities are competitive and non-competitive and will list all fitness clubs in Indianapolis.
- ***Expand "A Walk in the Park."*** Indy in Motion will expand "A Walk in the Park," organized group walks and fitness activities, from 8 parks to 12 parks and several Indy Parks Greenways.
- ***Indy Parks fitness coordinator***. Indy Parks has designated a staff member to be the city's point person on fitness issues. This person will coordinate fitness

activities for the Indy Parks system and ensure it offers plenty of free and low-cost programs.

- **Indy Parks adaptive sports coordinator.** Indy Parks has designated a staff member to be the city's point person on fitness initiatives for people with disabilities and to ensure Indy Parks activities are open and accessible.

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Indy in Motion Projects
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- **Fitness guide.** Just as Indy Parks now produces a Summer Arts Guide – which encapsulates all the different arts activities in the parks – Indy in Motion will create a fitness guide that details all the free or low-cost activities available in parks.
- **Expanded Greenways fitness programs.** Indy Parks will create new fitness opportunities on Indy Parks Greenways, which could include, walking, running, hiking or cycling, along the 37 miles of greenways.
- **"I Will" List.** Indy in Motion will distribute a list of five to 10 basic activities people can do in a week or a month to stay active. The list will be distributed in Parks and be available on IndyFitness.net.



“I Will...”

Making small changes can make a big difference. Start out by choosing one of the following goals, or set your own healthy goal. Then build on your success by adding a new goal once you feel comfortable with your new routine!

- **I will** get a friend to walk with me.
- **I will** bring my family to an Indy Park facility to play once a week.
- **I will** walk one more day this week than I walked last week until I walk at least five days every week.
- **I will** watch TV one less hour this week than I did last week.
- **I will** increase my walks by one minute each day until I walk at least 30 minutes each day.
- **I will** look for chances each day to take the stairs instead of an elevator or escalator – at least part of the way up or down.
- **I will** eat one more serving of fruits or vegetables each day until I reach at least five to nine servings of fruits and vegetables each day.