

# Healthy Places

Designing an Active Arvada

Healthy Places is working to make it easier, safer and more fun to be physically active in Arvada.



Arvada was one of three communities chosen to participate in the Healthy Places Initiative, sponsored by the Colorado Health Foundation. Arvada received a \$1 million grant to be spent, over three years, on infrastructure improvements and programs designed to create a healthier, more active community.

## HEALTHY PLACES IS

**Community**

Healthy Places is a community-led initiative that relies on the insight and expertise of residents.

**Safety**

Healthy Places makes it safer to walk, bike, play and be active in Arvada.

**Movement... and Fun**

Healthy Places activates parks with free movies, outdoor fitness equipment and classes, music and more.

**Good Business**

Walkable, bikeable communities see higher property values and higher incomes for office, retail and industry.

Did you know that the City of Arvada has more than 140 parks and recreation facilities? In fact, every neighborhood has a park within 1/2 mile!

## WHY HEALTHY PLACES IS A WIN FOR ARVADA

### The Issues

Important connections and signage are missing between neighborhoods and nearby parks, trails and open space.

Healthy Places is working to identify key areas where infrastructure improvements such as sidewalks, bike lanes, trail connections and signage are needed.

Existing parks lack amenities and programs needed to encourage people to visit more often - and stay longer.

Healthy Places is working with partners like Fit2BeKids, YMCA and APEX to offer fitness classes and other wellness programs that encourage residents to get out and use their parks!





## HEALTHY PLACES NOT ONLY MEANS HEALTHY RESIDENTS, IT ALSO MEANS A THRIVING ARVADA.

- Having **access to parks, trails and outdoor recreation** influences peoples' decisions to stay in or move to a location.
- 2/3 of people in their 20s and 30s seek to **live in walkable, bikeable communities**.
- On average, a 10% increase in **walkability increases property values** between 5 and 8%.

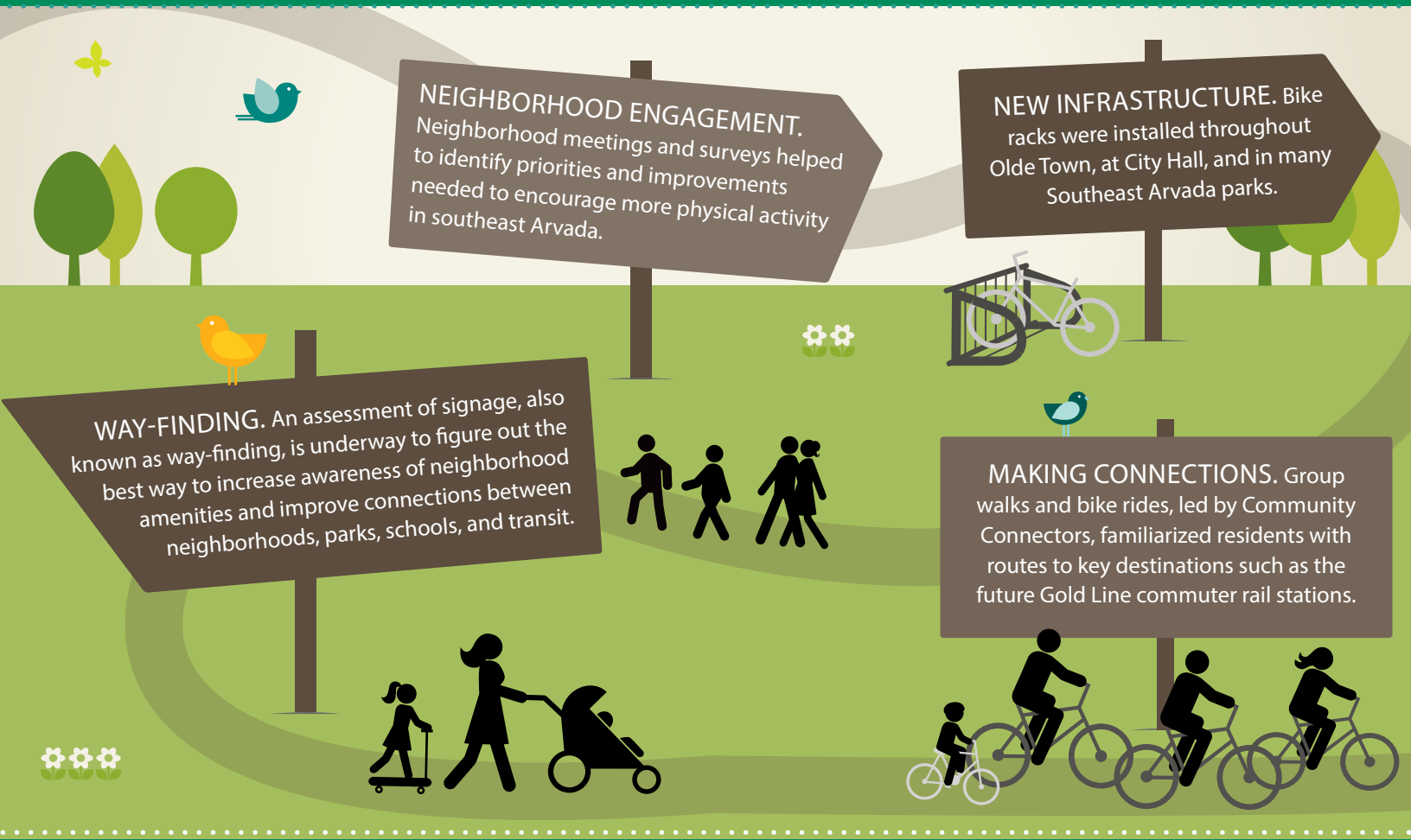
### YEAR 1 ACCOMPLISHMENTS

**NEIGHBORHOOD ENGAGEMENT.** Neighborhood meetings and surveys helped to identify priorities and improvements needed to encourage more physical activity in southeast Arvada.

**NEW INFRASTRUCTURE.** Bike racks were installed throughout Olde Town, at City Hall, and in many Southeast Arvada parks.

**WAY-FINDING.** An assessment of signage, also known as way-finding, is underway to figure out the best way to increase awareness of neighborhood amenities and improve connections between neighborhoods, parks, schools, and transit.

**MAKING CONNECTIONS.** Group walks and bike rides, led by Community Connectors, familiarized residents with routes to key destinations such as the future Gold Line commuter rail stations.



# WHAT'S COMING IN YEAR 2?

A big focus of Year 1 was listening and planning. In year 2, we are taking action – and having fun!

## ▶ Terrace and Homestead Park Improvements

– install priority amenities like benches, message board kiosks, shade structures, and additional bike racks based on community input.

▶ **Pedestrian Connections** – install signs in key locations to connect southeast Arvada neighborhoods to the future Gold Line stations, parks and other key destinations like grocery stores, Olde Town and the regional trail system.

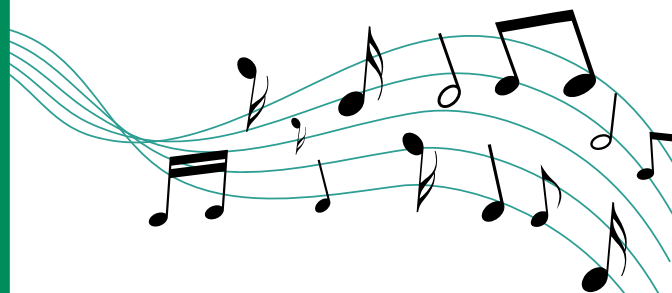
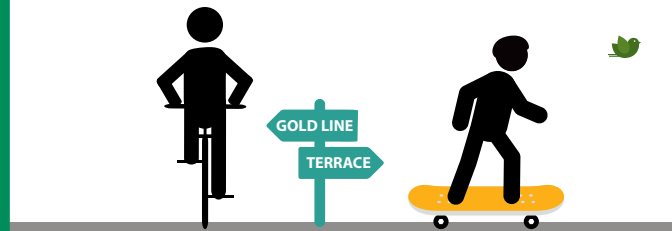
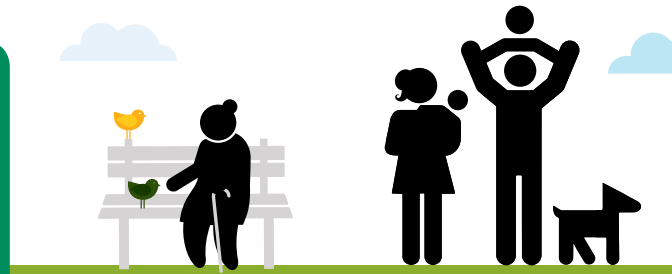
▶ **Bike Connections** – Identify and implement important bicycle connections within a one-mile radius of three Gold Line stations as well as Terrace and Homestead parks.

▶ **More walkable neighborhoods** - build a sidewalk that connects Homestead and Tennyson Knolls neighborhoods to the Gold Strike transit station.

▶ **Festivities** – don't miss the Sustain Arvada Festival or Park to Park Half Marathon, 10K/5K and Family Fun Run on May 9th, 2015!

▶ **Activate Parks** – continue to expand programs that bring fitness classes, music, education and people to parks.

▶ **Creative Place Making** - Host a neighborhood forum for residents to leverage the power of the arts, culture and creativity and access City resources to transform their neighborhoods.



# Healthy Places

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**THANK YOU** to each of our partners and the residents of Arvada for joining the Healthy Places movement to create a healthy, thriving community.

Visit us at **HealthyPlacesArvada.org** to stay up-to-date on our progress and learn about upcoming events and opportunities where you can provide input.



WE ARE ALWAYS LOOKING FOR NEIGHBORHOOD RESIDENTS WHO WANT TO ROLL UP THEIR SLEEVES **AND HELP US MAKE A LASTING IMPACT.**

- Are you a yoga or fitness instructor who would like to lead a class in the park?
- Do you have a delicious healthy recipe you could bring to a community meeting?
- Would you be interested in leading a regular bike ride or a walk?

Contact Rose Chavez for more information on how you can **GET INVOLVED.**

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Visit us at [www.healthyplacesarvada.org](http://www.healthyplacesarvada.org)