



November 6, 2009

## Physical Activity & Art

### Question of the Day - *How do we be more physically active and appreciate our great city.*

How about a map that highlights what YOU love about Columbus? A map that will showcase, public art, great views, architecture and historic places in our city. Did you ever go to the [Ohio Judicial Center](#) at 65 S. Front Street stand on the front porch and look up? If not, you are missing a beautiful city secret.

And did you know that by getting out and walking 30 minutes on most days of the week you can prevent or reduce diseases such as obesity, diabetes, heart disease and some cancers?

### Inspiring Walks

Welcome to a new project in collaboration with the [Create Columbus Commission](#). The public health art walk map has been an idea for the past three years here at Columbus Public Health and a huge THANK YOU goes to the Create Columbus Commission for being the first group to be supportive AND act on the idea. They are busy working their social networking sites to get as much input as possible from the people who experience our city everyday.

### We Want to Hear From You

To give your input go to:

<http://spreadsheets.google.com/viewform?hl=en&formkey=dHZya3luQVFyWmp6Tmk5cXdoVF9SNGc6MA>

It is easy to fill in the blanks and give input about what you LOVE about Columbus and you will contribute to a really cool project.

Check out these websites to see how the Create Columbus Commission has put the art walk idea into action:

- <http://sn.im/t1n5r>
- <http://blog.columbus.org/chamber/2009/10/your-contributions-are-needed-what-do-you-love-about-columbus.html>
- <http://www.downtowncolumbus.com/rightnow/2009/10/> - Check out the October 13<sup>th</sup> post

We hope to start in the downtown area and expand to city neighborhoods as soon as possible, give your input now!

