



Moorhead: A city with a mission to be on the move

“It’s so critical for kids to be moving. Especially in the state we live in. They can now walk around the track and they aren’t standing around. Our kids and parents love our Walk and Talk Wednesdays.”

Nadine Moon
Family Advocate
Robert Asp Elementary, Moorhead, MN

Moorhead Elementary Schools Getting Children in Motion

In order to increase physical activity, children need safe routes to walk to and ride their bike to school, opportunities for physical education, access to parks and playgrounds and community centers. Children need access to sports leagues or fitness programs that are exciting and challenging to keep them engaged. Active in Moorhead (AIM) serves a vital role in helping to increase opportunities for kids to be physically active, both in schools and in communities and to create new opportunities for families to be physically active together.

Active in Moorhead is a partnership between the City of Moorhead, Fargo-Moorhead Metropolitan Council of Governments (Metro COG) and Clay County Public Health with funding from Blue Cross and Blue Shield of Minnesota.

In addition to being fun, regular physical activity strengthens bones and muscles, increases self-esteem, and provides many other health benefits. Physical activity, along with eating healthy foods, can help children live happier, healthier lives and perform better in school.

“We teach each student to perform well in all areas of school and to be a good student. In addition it’s critical to also teach lifelong healthy behaviors. Our faculty and administration appreciate the value of physical activity and how it affects kids in the classroom and on test scores,” says Mary Charlton, PE Teacher at Ellen Hopkins Elementary.

All Moorhead Elementary schools participate in the International Walk to School Day in the fall and Walk or Bike to School Week in the spring to promote Safe Routes to School. “Moorhead elementary uses these strategic events to get kids moving through walking and biking to school. All schools walk together and the community can see students walking. It’s a great event and inspiration to others,” says Moon.



Principals, teachers and parents can help make schools healthier places to learn by providing quality nutrition, integrating physical activity during the day and teaching children about the importance of embracing a healthy, active lifestyle.

All Moorhead elementary schools participate in a walking program- Walk and Talk Wednesdays, where parents, students and community members are encouraged to walk the outdoor track before school.

“Keely Ihry at PartnerSHIP 4 Health has been instrumental in our success. Our schools received mini-grants for Safe Routes to School (SRTS) through Active in Moorhead. We were able to attend training on SRTS and learn how to promote the new system in our schools. We learned effective ways to make it work for our school. It was very useful information for us to bring back to our schools and implement,” says Lindsay Weaver, PE teacher at S.G. Reinertsen Elementary.

Moorhead schools reported increasing the overall health of the school including incorporating healthier foods as well as adding physical activity programs afterschool at no cost to the student. “PartnerSHIP 4 Health is helping us achieve goals. They have helped to fund fitness items like jump ropes and balls. They also help us work towards achieving similar goals with other grants. We wouldn’t have been as successful without PartnerSHIP 4 Health. It has now spiraled into a district wide change is physical activity and nutrition,” added Moon.

PartnerSHIP 4 Health provides resources for schools to improve their nutrition and physical activity programs. These sustainable changes are proven strategies to decrease obesity while also decreasing costs associated with chronic disease caused by obesity for Minnesotans.

