

**PartnerSHIP 4 Health**

*Charting a course for good health*

## PartnerSHIP 4 Health

Special Edition  
Bike or Walk to Work or School Week

[www.partnerSHIP4Health.org](http://www.partnerSHIP4Health.org)



Welcome to a special edition of the PartnerSHIP 4 Health e-newsletter. As you may know the month of May was National Bike month. For PartnerSHIP 4 Health that meant supporting community organizations with the coordination of bike safety events and promoting the Bike or Walk to Work or School Week. Find out how communities across our region are forming an improved culture of physically active. This issue highlights just some of the work to increase walking & biking in our four counties.

### Bicycle Fun Facts

The first manufactured bike created in U.S. was in 1868 known as the "Boneshaker"

Biking just 3 hours or 20 miles/week decreases your risk of heart disease and stroke by 50%

There are 2x as many bicycles than cars in the world

40% of all commutes in Amsterdam are by bicycle

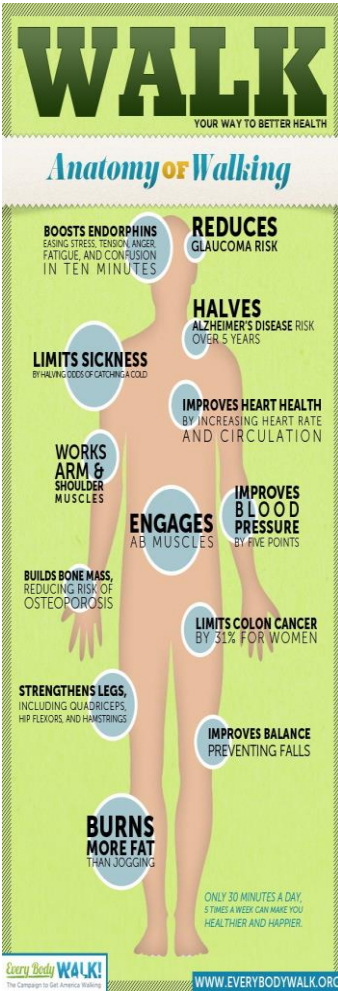


### PartnerSHIP 4 Health Helps Communities Get Moving Through Bike Walk to School or Work Week

[Read more](#)



Bike rodeos provide kids with the opportunity to have fun while learning important bike and road safety skills. Events were held in: Breckenridge, Detroit Lakes, Fergus Falls, Henning and Fargo/Moorhead



**See How One Young Family Embraced the Challenge of Bike to School Week**

[A must read](#)

**Active in Moorhead (AIM) Supports Kids on the Move**

[Read more](#)

**Ringdahl EMS Receives Bike Friendly Status**

[Read more](#)



Several communities are working towards



In Fergus Falls the annual Schools versus Scrubs bike and walk to work week was held. The challenge was to see how many employees from each organization would participate in the

Bicycle Friendly City  
status which include:  
Battle Lake, Frazee, and  
Fergus Falls

physical activity challenge during the week.

The challenge culminated with group bike ride all across the city  
visiting each school and medical facility.

The winner was announced at the annual Forward Fergus Falls  
Community Celebration breakfast. This year's winner was **M-  
State with 24%** of their employees participating.

Way to go Spartans!

[Larry vs. Jerry vs. Carrie](#)