



Walk Across Illinois

WalkAcrossIllinois.org



Walk Continues To Grow

In August, 2001, Pat Quinn and his 78-year old doctor - Dr. Quentin Young - hiked 167 miles from the Mississippi River in Rock Island to the Lake Michigan shore in Chicago to promote decent health care for everyone.

Obesity, high blood pressure and inadequate exercise are community health problems, which challenge us all. By encouraging everyone in Illinois to walk on average just one-half mile daily for a year, the Walk Across Illinois initiative can help boost the life expectancy and well-being of all Illinois residents.

Walk Across Illinois ended the year 2007 with more than 12,000 registered walkers who have logged more than 1.2 million miles. People in every corner of the state are discovering this easy, free way to improve their health one step at a time.

Get to Know Sophie Streeter

Salsa dancing, chasing after young children, walking to work, taking a stroll over your lunch hour with a friend and hitting the gym are all creative ways to get and stay fit. It's her creativity and variety in daily activities that led Walk Across Illinois to make Sophronia (Sophie) Streeter as one of its featured walkers.

In July, Sophie received an e-mail sent out to all Northwestern Memorial Hospital employees encouraging them to sign up for Walk Across Illinois. Sophie and a co-worker signed up for the challenge and began to walk during their lunch hour at a local track near the hospital. Sophie recently stopped taking the bus and opted instead to walk 1 ½ miles to the train that she takes to and from work each day. On average, Sophie logs 4 ½ miles per day on the Walk Across Illinois website, which has helped her lose 7 lbs since beginning the program.



"Since I went to Augustana College in Rock Island, it was interesting for me to read about the sites around the city," Sophie said. "I lived there for four years and so it brought back memories seeing photographs of places I had actually been when I started Walk Across Illinois."

Explore Historic Oak Park

WalkAcrossIllinois.org is the interactive website at the heart of the Walk Across Illinois health initiative. Each month hundreds of thousands of hits are recorded at this online resource center for health-conscious Illinois walkers. Among the many features on the web site are suggested historic walks in Illinois.

The first featured walk is of Historic Oak Park. This town, on the Walk Across Illinois route, includes the birthplace of Ernest Hemingway and numerous Frank Lloyd Wright buildings. Log on today to WalkAcrossIllinois.org to learn more about Historic Oak Park.

School Programs International Walk to School Day

Lt. Governor Pat Quinn is helping school-age children discover the joy of physical fitness with International Walk to School Day (Oct. 3). This year, his office provided financial support to ten school districts to create unique fitness events for children. The chosen schools were among the more than 100 schools across Illinois participating in the 2007 International Walk to School Day.

Find Out About School Fitness Program

Walk Across Illinois School Fitness Program is a multifaceted, low-cost approach to promote fitness and physical education both in the classroom and at home.

The program includes a curriculum guide for 4-8th grades, monthly incentives, interactive online content and professional development opportunities.

The Chicagoland Bicycle Federation and the Office of Lt. Governor Pat Quinn developed Walk Across Illinois School Fitness Program. AstraZeneca generously sponsors the program.



Get to Know

Thomas Hoyne Elementary School

At Thomas Hoyne Elementary on Chicago's south side, P.E. teacher Paulette Franklin has been inspired by the Walk Across Illinois School Fitness Program to increase physical activity and general wellness within her school community. After attending the Walk Across Illinois training in October, Ms. Franklin decided to organize an intergenerational event to educate families about the importance of maintaining a healthy lifestyle.

In mid-November Ms. Franklin facilitated a Family Fun Night at Hoyne at which students, parents, and grandparents came together to learn about fitness and nutrition. At the event families participated in two activities from the Walk Across Illinois School Fitness Program curriculum. "We had a nice turnout and the Calorie Count and Steal the Beanbag activities were a big hit," said Franklin.

Following the fun activities, families snacked on trail mix and drank water, and went home with a health and fitness handbook that Ms. Franklin created. The school's principal was so impressed by this educational evening that she decided to make it an annual event.

School Fitness Program

Thank you to the following schools for implementing the Walk Across Illinois School Fitness Program curriculum.

Alfred Nobel School
Ames Middle School
Andersen Academy
Apple River Middle School
Bell Graham Elementary School
Belmont-Cragin School
Bernhard Moos Elementary School
Center for Enriched Living
Chrisman Elementary
Claremont Academy
Curtis Elementary School
DePriest Elementary School
Eagle Pointe Elementary School
Emmet Elementary School
Farmington Central CUSD 265
Farmington Central High School
Funston Elementary School
G.O. Barr Elementary and Silvis Jr. High
Gary Elementary School
Geneva Middle School South
Girard Elementary School
Hatch Elementary School
Herzl Elementary School
Immanuel Lutheran School
Jefferson County Grade School

John Marsh Elementary School
John W. Garvy Elementary School
Jungman Elementary School
Lake Bluff Middle School
Lawndale Community Academy
Lewis Elementary School
Lincoln Elementary
Louis D. Armstrong School
McKinley Park Elementary School
Moos Elementary School
Morrison Junior High School
Mozart Elementary School
O. A. Thorp Scholastic Academy
Oak Prairie Jr High
Peirce Elementary School
Rickover School
Ridge Farm Elementary
Robert A. Black Magnet School
Robert Fulton Elementary School
Roque de Duprey School
Thomas Hoyne Elementary
Von Humboldt Elementary
Whittier Elementary School
Zapata Academy



Walk Across
Illinois
WalkAcrossIllinois.org

In Your Community Summer Camps

In partnership with the Chicago Park District, Walk Across Illinois staff created a dedicated curriculum for more than 100 park-sponsored summer camps. Walk Across Illinois staff traveled all over the city promoting the joys of physical fitness.

Find Out About Kids Program

Modeled on the successful Walk Across Illinois Summer Camps, after-school programs across the state are using a Walk Across Illinois curriculum. YMCA's, Boys and Girls Clubs and park districts are helping thousands of children participate in non-competitive and fun fitness activities.



Thank you to our many partners and sponsors.

*Action for Healthy Kids
AstraZeneca
Boys and Girls Clubs of Chicago
YMCA of Metropolitan Chicago
Chicago Park District
Chicago Public Schools
Chicagoland Bicycle Federation
Consortium to Lower Obesity in Chicago Children
University of Illinois at Chicago School of Public Health*

Spotlight On Safe Routes to Schools

Many of us have fond memories of walking to school each day. Today's children don't have such recollections as only 16 percent of them walk or bike to school. Urban sprawl, traffic and safety concerns have led many parents to take their kids off the sidewalks.

The Illinois Safe Routes to Schools program is a federally-funded, state-managed initiative to create more opportunities for children to walk and bike to school. The program uses the Five E's; engineering, education, encouragement, evaluation, and enforcement.

Lt. Governor Pat Quinn chairs the advisory board for the Illinois Safe Routes to Schools program. In the fall of 2007, school districts and community organizations across the state requested more than \$77 million in funding for the initial round of Illinois Safe Routes to Schools grants. The state is currently evaluating the proposals and will soon make funding decisions.



Printed by authority of the State of Illinois. 100 copies. Jan 2008.