

Quincy on the Go!

- ✓ A way to achieve outcomes that enhance the health and livability of the neighborhoods in Quincy.
- ✓ Utilizing existing assets within the city into a coordinated and collaborative approach across the community.
- ✓ Focuses on strengths that individuals and organizations already have, and how each can add value to what they already do.
- ✓ A website designed to be a clearinghouse of information and programs related to active and healthy lifestyle.

A Healthy Place to Live

Quincy Recreation Department
One Merrymount Parkway
Quincy, MA 02170
617-376-1394

Recreation Activities



Making a Difference

<http://thomascraneflibrary.org/quincyonthego/index.html>

Quincy on the Go!

Recreational Activities



Making a Difference!

Mayor Thomas Koch supports Quincy on the Go! and invites Quincy Residents to take advantage of the unprecedented partnership between local public and private organizations aimed at improving health and lifestyle.

Visit the Website

<http://thomascraneflibrary.org/quincyonthego/index.html>

For Up to Date Information

The Framework:

“7 P’s”

- ✓ **People Power**, the foundation of all social change.
- ✓ **Programs and Services**, the heart of public sector community based organizations.
- ✓ **Public Visibility**, engaging others in support effort.
- ✓ **Partnerships**, to support a variety of community facilities, programs and services.
- ✓ **Performance Measures**, identifying outcomes.
- ✓ **Places and Spaces**, areas that create neighborhoods.
- ✓ **Policies and Practices**, small changes can drive operational requirements with a mission driven approach.

The What and How:

- ✓ **Increase** participation and **encourage** partnerships.
- ✓ **Promote** healthy living.
- ✓ **Educate** employees and residents.
- ✓ **Encourage** parents to support and facilitate physical activity both in and outside the school environment.
- ✓ **Inspire** people to live a healthy lifestyle.
- ✓ **Go out and play!**

Recreational Activities



Making a Difference.

We Must Act NOW

“If we fail to take action, this generation may be the first in American history to have a shorter life expectancy than that of their parents.”

“The lack of opportunity to engage in physical activity: a contributing factor to overall low level of physical activity to today’s youth.”

400,000 deaths annually attributed to obesity, 17% of all deaths.

64% of American adults overweight or obese, 60% increase over the last 10 years.

15% of children are overweight, age 6-19; this has tripled over the last 40 years

*Quotations taken from: Stanford Prevention Research Center (2007, February). *Building “Generation Play”*. *Addressing the Crises of Inactivity Among America’s Children*. Stanford University School of Medicine