Join us!
Detroit Ave & w45th St
@ 3:30pm-5:00pm
Monday, Sept. 26th

Let's move healthy... together!

Join us!
Broadway Ave & e55th St
@ 6:00pm-7:30pm
Tuesday, Sept. 27th

Join us!
Kinsman Rd & e93rd St
@ 6:00pm-7:30pm
Monday, Sept. 26th

Bust a move with
CLEVELAND #BUSSTOPMOVES
while you wait for the bus!

Look for 10 *new* shelter locations
Fall 2016 and join us
for free fitness classes
& fresh, healthy food
at kick-off events
at these three bus shelters near you!

Thanks to project partners:

MetroHealth
HiP Cuyahoga
Ali, the architect
IBBY
Northeast Shores PAEC
Sustainable Cleveland 2019
Housing Connections
CLEVELAND LEADERSHIP CENTER
Cleveland Arts & Culture
Partnership for Northeastern Ohio
CLEVELAND ARTS & CULTURE

Join the community
@ facebook.com
/BUSSTOPMOVES
The Cleveland Velodrome is just steps away. Take a class in free kids programs.

Walk north along Broadway Avenue. Entrance is off of Pershing Avenue.

Stretching can help improve flexibility and range of motion in your joints which may improve your performance. In addition, exercise can decrease your risk of injuries. Longer workouts also increase blood flow to your muscles, enabling them to work most effectively.

Think you are too busy and stressed to fit exercise into your routine? Hold on a second — virtually any form of exercise, from aerobics to yoga, can act as a stress reliever and improve your sense of well-being. Shed your daily tensions through movement and physical activity. Regular exercise is a great way to...

REDUCE YOUR STRESS

CLEVELAND BUS STOP MOVES

MetroHealth

JOIN THE CAMPAIGN

@facebook.com/MetroHealthMed

For information:
216-621-9000 or www.RideRTA.com
PRO TIP: You can do these moves sitting at this shelter, on the bus, and at your desk. Looking for other ways to squeeze fitness into your day?

Take a walk. Ride a bike. Take the stairs.
Dance around your kitchen while you cook.

PRO TIP: Breathe out as you move.
Take five slow breaths as you hold each pose.
Repeat each move on the opposite side to remain balanced!

IMPROVE YOUR MOOD
Have you heard the phrase “runner’s high”? When you exercise, your body releases chemicals called endorphins which interact with receptors in your brain that reduce your perception of pain and lead to positive feelings. Regular exercise is a great way to...

IMPROVE YOUR MOOD

JOIN THE COMMUNITY
@ facebook.com/BUSTOPMOVES

LEARN MORE
@ www.METROHEALTH.org
Take it to the Streets!

The Beachland Ballroom is 3000 steps from here.

Head south for a brisk 30 minute walk and continue your exercise routine on the dance floor or take a stroll through the Waterloo Arts District and browse the galleries and shops.

Did you know?

- Moderate exercise -- like this short walk -- increases your energy more than a 45 minute run. How's that for motivation?
- Squats can improve circulation, posture, digestion and are a low impact exercise that almost anybody can do using the weight of your own body.
- Squats are primarily a lower body exercise and works out your quadriceps, glutes, hamstrings, hip adductors, abdominals AND MORE! So why not try a few?
- Stand tall with your feet hip width apart and your arms extended in front of your body for balance. Start to lower your body back as far as you can by pushing your hips back and bending your knees and pushing your body weight into your heels. Keep a neutral spine at all times and never let your knees go over your toes. Your lower body should be parallel with the floor and your chest lifted, not rounded. Pause then lift back up to the starting position. Repeat 5 to 15 times.

Jump up!

Lunge forward

Use the bench inside this shelter to strengthen your tricep dips!

Dehydration is an important cause of fatigue, so to get the most energy out of every workout, be sure to stay hydrated!

Pro tip: Get your blood pumping with good ol' jumping jacks. Keep your feet planted on the ground if jumping is too tough on your knees.
Picturing Collinwood - 201

Thank you for taking this survey about your experiences in North Collinwood. Every year in order to make sure that we understand the neighborhood and focus our efforts on the issue areas that people care the most about, we would like you to help us to make the neighborhood an even better place for everyone.

Two lucky respondents will also each receive a $25 gift certificate to a local business. Thank you for your time.

* Required

Please enter your participation code.*

If you don’t have a code, enter: NES9999

NOW A LITTLE ABOUT YOU

Cuyahoga County? *

Please select the following that apply.

- North Shore Collinwood
- Downtown Cleveland

6. Now, tell us what you think about other characteristics of the neighborhood. *

Rate how strongly you agree with each statement.

<table>
<thead>
<tr>
<th>The neighborhood is creative and artistic.</th>
<th>strongly agree</th>
<th>agree</th>
<th>neither agree nor disagree</th>
<th>disagree</th>
<th>strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>The neighborhood is culturally diverse.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>There’s a strong sense of community spirit in the neighborhood.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am proud of the neighborhood.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

5. Please tell us what you think life is like in this neighborhood.*

Rate how strongly you agree with each statement.

<table>
<thead>
<tr>
<th>The neighborhood is safe.</th>
<th>strongly agree</th>
<th>agree</th>
<th>neither agree nor disagree</th>
<th>disagree</th>
<th>strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>The neighborhood is a good place to raise kids.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The neighborhood is a healthy place to live.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The neighborhood is generally clean.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The neighborhood has good access to recreation and parks.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Walking around in the neighborhood is easy.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

CLEVELAND BUS STOP MOVES

4 simple exercises while you wait!

JOIN THE COMMUNITY @facebook.com/busstopmoves

in North Shore Collinwood.

6 hours or fewer) in North Shore Collinwood.

Visit the neighborhood frequently.

Now visit the neighborhood frequently.
MOVE HEALTHY
START HERE

READY, SET...

IMPROVE YOUR MOOD

LUNGE FORWARD

Moderate exercise -- like this short walk -- increases your energy and decreases stress. How's that for motivation?

LET'S DO THIS TOGETHER.
JOIN THE COMMUNITY
@ facebook.com/BUSSTOPMOVES

LEARN MORE
@ www.METROHEALTH.org
Public transit users walk more than non-transit users, regardless of income.
**Table 2**  How Much Physical Activity Do Adults Need? (CDC 2008)

<table>
<thead>
<tr>
<th>Aerobic Activity</th>
<th>Muscle-Strengthening</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 hours and 30 minutes (150 minutes) of moderate-</td>
<td>Muscle-strengthening activities on 2 or more days a week that work all major muscle</td>
</tr>
<tr>
<td>intensity aerobic activity (i.e., brisk walking)</td>
<td>groups (legs, hips, back, abdomen, chest, shoulders, and arms).</td>
</tr>
<tr>
<td>every week.</td>
<td>Or</td>
</tr>
<tr>
<td>1 hour and 15 minutes (75 minutes) of vigorous-</td>
<td>Muscle-strengthening activities on 2 or more days a week that work all major muscle</td>
</tr>
<tr>
<td>intensity aerobic activity (i.e., jogging or running)</td>
<td>groups (legs, hips, back, abdomen, chest, shoulders, and arms).</td>
</tr>
<tr>
<td>every week.</td>
<td>Or</td>
</tr>
<tr>
<td>An equivalent mix of moderate- and vigorous-intensity</td>
<td>Muscle-strengthening activities on 2 or more days a week that work all major muscle</td>
</tr>
<tr>
<td>aerobic activity.</td>
<td>groups (legs, hips, back, abdomen, chest, shoulders, and arms).</td>
</tr>
<tr>
<td></td>
<td>10 minutes at a time is fine - 150 weekly minutes may sound like a lot of time, but</td>
</tr>
<tr>
<td></td>
<td>you needn’t do it all at once. Not only is it best to spread your activity out</td>
</tr>
<tr>
<td></td>
<td>during the week, but you can break it up into smaller chunks of time during the</td>
</tr>
<tr>
<td></td>
<td>day, as long as you’re doing your activity at a moderate or vigorous effort for</td>
</tr>
<tr>
<td></td>
<td>at least 10 minutes at a time.</td>
</tr>
</tbody>
</table>

*This table summarizes the U.S. Center for Disease Control’s recommendations for adult physical activity.*

**Figure 10**  U.S. Physical Activity Statistics (CDC 2007)

- **Recommended:** 150+ weekly minutes of moderate intensity physical activity.
- **Insufficient:** 10+ weekly minutes of moderate intensity physical activity.
- **Inactive:** less than 10 weekly minutes of moderate intensity activity.

Less than half of U.S. adults achieve recommended physical activity targets, and rates decline with age.
Do the "waiting for the bus" dance
Black-Eyed Pea and Sweet Corn Salsa  Serves: 4-6 portions

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amounts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black-Eyed Peas, dried or canned, cooked and cooled</td>
<td>8 oz.</td>
</tr>
<tr>
<td>Lemon Juice, fresh</td>
<td>1 each</td>
</tr>
<tr>
<td>Extra Virgin Olive Oil</td>
<td>4 Tbsp.</td>
</tr>
<tr>
<td>Red Bell Pepper, medium sized, cut into 1/4- inch dices</td>
<td>1 each</td>
</tr>
<tr>
<td>Jalapeno Pepper, seeds removed and deveined, chopped</td>
<td>2 each</td>
</tr>
<tr>
<td>Avocado, fresh, small diced</td>
<td>1 each</td>
</tr>
<tr>
<td>Sweet corn, Fresh or canned, cooked and cooled</td>
<td>1 ear or 8 oz.</td>
</tr>
<tr>
<td>Cilantro, fresh, finely chopped</td>
<td>½ cup</td>
</tr>
<tr>
<td>Garlic, fresh, minced</td>
<td>2 cloves</td>
</tr>
<tr>
<td>Salt</td>
<td>¼ tsp</td>
</tr>
<tr>
<td>Black Pepper, cracked</td>
<td>¼ tsp</td>
</tr>
</tbody>
</table>

Procedures:
1. Combine all ingredients together in a large bowl and mix well.
2. Serve immediately with Tortilla Chips or can be refrigerated for later use.

**OPTIONAL- Can also be served by itself as a salad.

Roasted Vegetables  Serves: 5 portions

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amounts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrots, peeled, large dice</td>
<td>5 oz.</td>
</tr>
<tr>
<td>Onions, peeled, large dice</td>
<td>4 oz.</td>
</tr>
<tr>
<td>Potatoes, red or sweet, large dice</td>
<td>6 oz.</td>
</tr>
<tr>
<td>Bell Peppers, red/yellow/green, large dice</td>
<td>4 oz.</td>
</tr>
<tr>
<td>Tomatoes, cherry</td>
<td>4 oz.</td>
</tr>
<tr>
<td>Garlic, chopped</td>
<td>2 Tbsp.</td>
</tr>
<tr>
<td>Salt and Pepper</td>
<td>2 tsp.</td>
</tr>
<tr>
<td>Olive Oil</td>
<td>2 fl. oz.</td>
</tr>
<tr>
<td>Thyme, dried</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>Oregano, dried</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>Rosemary, fresh, fine chopped</td>
<td>1½ tsp.</td>
</tr>
</tbody>
</table>

Procedures:
1. Be sure to cut vegetables approximately the same size so they will cook evenly—CUT POTATOES SLIGHTLY SMALLER.
2. Whisk together the oil, garlic, salt, pepper, thyme and oregano in a large steel bowl; add the vegetables and toss together—let stand for at least 30 minutes to 3 hours. Spread the vegetables on a sheet pan and roast at 350°F for 10 minutes.
3. Using a metal spatula, turn the vegetables to promote even browning; Continue roasting for an additional 15 minutes. Serve warm.

Sautéed Collard Greens  Serves: 4-1 cup portions

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amounts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh Collard Greens, cleaned and stemmed</td>
<td>1 lb.</td>
</tr>
<tr>
<td>Onions, thinly sliced</td>
<td>1 1/2 cups</td>
</tr>
<tr>
<td>Cherry Tomatoes, sliced in halves</td>
<td>1½ cups</td>
</tr>
<tr>
<td>Garlic, fresh, chopped</td>
<td>4 cloves</td>
</tr>
<tr>
<td>Salt</td>
<td>To taste</td>
</tr>
<tr>
<td>Black Pepper</td>
<td>To taste</td>
</tr>
<tr>
<td>Red Pepper Flakes</td>
<td>2 tsp.</td>
</tr>
<tr>
<td>Vegetable Oil, preferably Olive Oil</td>
<td>3 Tbsp</td>
</tr>
</tbody>
</table>

Procedures:
1. Heat oil in a large sauté pan.
2. Add garlic, onions and let cook for about 3 minutes; add the tomatoes.
3. Continue to sauté for an additional 3 minutes and add the greens.
4. Mix the greens in well so that they are coated with the oil and the other vegetables are also blended.
5. Season with Red Pepper Flakes, salt and pepper; continue to stir and blend the greens periodically for ~25-30 minutes until green are firm but tender; Serve warm.

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**FREE FRESH FRUIT**

SHOW US YOUR BEST DANCE MOVE

@facebook.com /BUSSTOPMOVES

Provided by The Cutting Board Academy  All Rights Reserved 2014
SUSTAINABLE TRANSPORTATION

20 SLIDES X 20 SECONDS PER SLIDE

Cleveland’s identity is historically tied to automobile manufacturing, greater employment in the city’s current dependence on gasoline-powered vehicles. Where transportation is sustainable, how can we make this dream a reality?

Join Sustainable Cleveland as they work to solve all around the topic of sustainable transportation.

This event is free and open to anyone.

Presenters include:
- Austin McGuan, Squire Patton Boggs
- Allison Lukacy, Architect and Principal, 3S
- Partnering Community Health with Public Transportation
- Ja’Ovioni Garrison, Program Coordinator, Public Square Institute
- Jimmy Smith, Ohio EV Solutions, on Electric Vehicles in Cleveland
- Margaret Hewitt, President, The Community Land Trust
- Adie Tomer, Fellow, Brookings Institution
- Freddy Collier, Jr., Planning Director, Transit in Cleveland
- Calley Mersmann, cicleva, on cicleva
- William D. Friedman, President & CEO, Energy Solutions Cleveland: Green Port on a Great Lake
- Adi Masi, Filmaker, on Moving Places

07.06.16
Bus Stop Moves
Take healthy living to the streets with ‘Bus Stop Moves’ free fitness classes and fresh, healthy foods at an GCRTA bus shelter near you!

For every dollar you give to this campaign, TransitCenter will give an additional $1! The 1:1 match is good on the first $100 of your gift! Don’t wait to support this project!

More Trick Out My Trip information here!

Overview
Budget
Updates
Donors

Nearby Projects

Project Deadline:
August 5, 2016

Total Funding Needed: $618

Funded!
This project has been fully funded and is no longer collecting donations.
There are 13 'Bus Stop Moves' shelters throughout Cleveland as of November 2016

- Detroit Ave and W.45th St (eastbound)
- Detroit Ave and W.45th St (westbound)
- Kinsman Rd and E93rd St (eastbound)
- Kinsman Rd and E93rd St (westbound)
- S.Moreland Ave and Drexmore Ave (southbound)
- Superior Ave and E.105th St (eastbound)
- Superior Ave and E.105th St (westbound)
- Lakeshore Blvd and E.152nd St (southbound)
- Grovewood Ave and E.156th St (westbound)
- Lakeshore Blvd at Dave's Market (Grocery Store)(eastbound)
- Broadway Ave and Foreman Ave (northbound)
- Broadway Ave at E.55th St (northbound)
- Detroit Ave and W.25th St (westbound)

...with 20 more planned and fully funded in Spring 2017.
Development News

Two joby campaigns make waiting for RTA a more productive, enjoyable

KARIN CONNELLY RICE | TUESDAY, AUGUST 02, 2016

Waiting for the bus is about to get a little more interactive. joby (in Our Own Backyards), the New York-based organization that uses crowd-funding to turn grassroots neighborhood projects into realities, established Cleveland offices in March.

Rethinking the Bus Shelter

Exercise hubs

In Cleveland, the Bus Stop Moves project encourages commuters to get a little exercise into their waiting. The organizers plaster Infographics outlining some common exercise routines and stress the fact that the waiting time itself can be a slight advantage, says Allison Lukacy, one of the project’s planners in a nearby city.

The project was inspired by a survey in which more people were less aware of the advantages of fitness opportunities recently seen an uptick in obesity rates and an increase in diabetes. Of course, some cafeshops won’t re-arrange health programs, but they could contribute to the growth of the health community. If you happen to have just missed the last bus stop, you can still do your stretching exercise, Lukacy adds.

"Bus Stop Moves" Promotes Exercise Among Collinwood Commuters

If you happen by one of the three Greater Cleveland Regional Transit Authority (RTA) bus stops in the Collinwood area these days, you’re likely to see something unusual. Instead of staring down the street waiting for a bus to arrive, or focusing on your mobile devices, commuters are exercising.

The idea of inspiring riders to exercise while they wait, Lukacy found funding from Northeast Shores Development Corporation’s 2015 grant program that supports grassroots arts projects designed to improve community health. She needed a healthcare partner, so she approached MetroHealth’s community outreach staff, and was introduced to Dr. Eileen Seeholzer, Medical Director of MetroHealth’s Obesity and Weight Management Clinic.

With the idea of inspiring riders to exercise while they wait, Lukacy’s project promotes exercise among Collinwood Commuters. If you happen by one of the three Greater Cleveland Regional Transit Authority (RTA) bus stops in the Collinwood area these days, you’re likely to see something unusual. Instead of staring down the street waiting for a bus to arrive, or focusing on your mobile devices, commuters are exercising.

Thanks to Collinwood artist and resident Allison Lukacy and her collaboration with the MetroHealth System, the Bus Stop Moves project has made waiting for a ride at shelter #27 (on Grovewood and E. 156th) shelter #1225 (on Lakeshore in front of the Dave’s Supermarket) and shelter #1344 (on Lakeshore at E. 152nd), a lot more interesting. The project, according to Linda Jackson, Director of MetroHealth’s Arts in Medicine Department, “is a wonderful example of how the intersection of arts and health can impact the well-being of our community.”

Lukacy is an architect as well as an artist, and regularly takes the bus and out of downtown Cleveland joby. “It’s so painful to wait at a bus stop,” she says. “You just stand there, willing the street to come down the street, I thought we all needed a diversion.”

With the idea of inspiring riders to exercise while they wait, Lukacy sought funding from Northeast Shores Development Corporation’s 2015 grant program that supports grassroots arts projects designed to improve community health. She needed a healthcare partner, so she approached MetroHealth’s community outreach staff, and was introduced to Dr. Eileen Seeholzer, Medical Director of MetroHealth’s Obesity and Weight Management Clinic.

Seeholzer was immediately intrigued by Lukacy’s idea. “Like most people, the residents of Collinwood have limited time and struggle to find enough minutes in the day to exercise,” she says. “The Bus Stop Moves project provides an opportunity—and inspiration—to be active in ‘stolen moments’. Being active together in neighborhoods, even informally, creates a culture of playfulness and wellness that can strengthen a community.”
GameTime
GT Fit equipment

CLEVELAND
#BUS STOP MOVES
SIMPLE EXERCISES WHILE YOU WAIT
JOIN THE COMMUNITY
@ facebook.com/BUSSTOPMOVES
Bus Stop Moves 2.0 - taking it to the streets & challenging notions about the “right” time and place to exercise.
Imagine what comes next...

- Chain, $10
- Motor leads, $8 each
- Diodes, $2 each
- Battery leads, $8 each
- Battery, $38
- Monster scooter parts motor (MH1016), $38
- Powerbright inverter, $30

CLEVELAND BUS STOP MOVES
Simple exercises while you wait!

Join the community @ facebook.com/ClevelandBusStopMoves
DON'T JUST STAND THERE

DON'T JUST SIT THERE:

GAZING AT FISH IN AN AQUARIUM CAN LOWER YOUR BLOOD PRESSURE.

CLEVELAND #BUS STOP MOVES
SIMPLE EXERCISES WHILE YOU WAIT!
JOIN THE COMMUNITY @ facebook.com /BUSSTOPMOVES

BUST A MOVE
Thank you!

facebook.com/BUSSTOPMOVES/

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alukacsy.love@gmail.com