

## 2015 Streets Alive!

Play in the Streets  
With Us!



By Ashley Deisler and Julie Pearson Anderson, Partnership for a Healthy Lincoln

### Festival favorite back in new location

Streets Alive! is back! On September 20<sup>th</sup>, from 1 – 5PM, one of the city's favorite outdoor movement festivals brings the streets to life in a new location. Partnership for a Healthy Lincoln ([HealthyLincoln.org](http://HealthyLincoln.org)) again sponsors the celebration of health, wellness, and fitness that lets the community walk, stroll, skate, bike, or even dance their way down a 2 mile traffic-free stretch of the city.



Partnership for  
a Healthy Lincoln

Family, kid, pet and wheelchair friendly, Streets Alive! is a **free** outdoor event that entertains, informs and engages people of all ages and abilities. Streets Alive! promotes physical activity and healthy living, encouraging people to turn off their screens, go outdoors, and get moving.

Drawing 3,000 – 6,000 visitors every year, Streets Alive! offers free health resources in a fun and interactive way. The streets will be lined with exhibitors interspersed with entertainers you can sing or dance along with, and fitness demonstrations that provide an opportunity to try anything from Zumba to Martial Arts. Kids even have a chance to win a free Streets Alive! t-shirt by completing a bounce house obstacle course.

### New this year

Hosted this year by the Clinton, Hartley, and East Campus Neighborhoods, the new route includes sections of the Mo-Pac Trail, Peter Pan and Idylwild Parks, and the new City Impact campus. This year's route will also include:

- Pop-up bike lanes - for pedestrian free biking
- Inflatable bounce house obstacle course - a fun fitness course for kids
- Lincoln Lightning - tween and teen roller derby league skating basics and fitness demonstration on 53' x 88' track
- Traveling hydration stations - to quench your thirst all along the route

### Back by popular demand

- Farmer's Markets - fresh locally grown produce
- Music and Fun - Tuna Fish Jones, the Sha La Las, and the String Beans are back
- Local Food Trucks – great delicious and healthy foods to choose from
- Nursing Stations - private breastfeeding tent for nursing moms
- Fitness Stages – offering all kinds of fun opportunities to join in

... and more. **Still time to be part of Streets Alive!** Streets Alive! is an outreach opportunity, allowing your group or organization to showcase its services or talents to thousands in our community. If you'd like to be part of Streets Alive! as a volunteer, entertainer, exhibitor, or sponsor, contact Ashley Deisler, Health Promotions Coordinator at [adeisler@healthylincoln.org](mailto:adeisler@healthylincoln.org) or call 402-483-4800. Come play in the streets with us!

Partnership for a Healthy Lincoln is a non-profit organization dedicated to improving the health, wellness, and fitness of Lincoln and Lancaster County residents. Visit our website ([HealthyLincoln.org](http://HealthyLincoln.org)) for more information.