

Fit or Fat?

Fit or Fat: What would motivate you to participate in “Get Moving Montgomery” and make healthier choices for you and your family?

Public comments as of October 27, 2011, 1:59 AM

All Participants



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Introduction

Get Moving Montgomery is a new incentive program that the City and TriHealth Fitness and Health Pavilion have designed to motivate residents of Montgomery to be physically active and choose healthy lifestyle options. According to the Center for Disease Control (CDC), Ohio ties for 10th in obesity among all states. The Ohio Attorney General says that Ohioans have a choice to make: fit or fat.

All residents are invited to participate in this community-wide initiative no matter age or fitness level. Those who join, participate in designated activities, track them and receive recognition and awards. Participation in Get Moving Montgomery is one way to meet the Physical Activity guidelines for Americans and to promote a healthy community!

Both the City and the TriHealth Fitness and Health Pavilion are committed partners in this program. Participants will receive special discounted membership rates, expertise and experience from instructors, discounted or free wellness programming, and through March at the Pavilion, a low enrollment fee of just \$30 for an individual or family. What would motivate you to participate?

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As of October 27, 2011, 1:59 AM, this forum had:

Attendees:	114
Participants:	12
Minutes of Public Comment:	36

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Name not shown in Montgomery

March 3, 2010, 10:13 AM

I checked with the City for more information about this community program. There is a page on the website with forms, lists of classes and details about the Expo on March 13. It clearly indicates that there is no cost to participating in Get Moving Montgomery. It is FREE. Anything with a cost is optional.

Also, TriHealth is offering a Montgomery resident membership rate that is \$30 enrollment fee and another amount per month based on how many people are joining. This is a special offer for all residents and is not a requirement or special linked to Get Moving Montgomery. I would check with them on their rates and make a decision if that fits in with your budget or the type of facility environment you want for your workouts. It is not your typical gym for sure.

Name not shown in Cincinnati

February 3, 2010, 11:33 AM

Is there any chance that Montgomery would offer free outdoor yoga classes in the parks? It would be a nice thing to do on Saturday or Sunday mornings in the summer. And I think it would be nice to alternate the parks in which it is held so that all neighborhoods could benefit. I have seen these free yoga sessions in Chicago's Millennium Park, & they are well attended & open to everyone. People bring their own mat.

Name not shown in Montgomery

January 28, 2010, 1:26 PM

In response to the semi-anonymous post on January 26, at 9:18pm; I contacted City Hall and this is what I found out. There is a health fair at TriHealth on March 13th to kick off the program. That is where you can sign up and get the \$30 membership. They gave me a phone number to call if you need more info. The number is 985-0900. I hope this helps.

Matt Neumann in Montgomery

January 27, 2010, 4:22 PM

Funny, this is the first I've heard of the program. I guess I would start with marketing the program better to residents.

- 1) Work with neighboring communities to connect sidewalks systems. Eg. extend Pfiefer sidewalk to reach Kenwood. Extend Montgomery Road sidewalk to reach Harpers Point. Extend Kemper Road and/or Hopewell Road to reach the bike trail.
- 2) Form a "Team Montgomery" to participate in the numerous events at the Flying Pig. I was amazed how successful this was where I work.
- 3) Host a run, tie it to Bastille Day, 4th of July, downtown lights, etc... Finding a niche will allow it to become a tradition (e.g. Run Like Hell, Sharon Woods Festival of Lights, etc...). Montgomery seems pretty well positioned to tie into some environmental themes (Earth Day, Arbor Day).

Doug Hughes in Montgomery

January 27, 2010, 10:44 AM

Sounds like a good idea. I think I received some overview info from the Montgomery CofC - however, it was not very detailed. What are the details? Other factors are: 1) Montgomery probably needs

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some offering competitive with the BA Rec/Civic Center; 2) the BA YMCA is also a competitive facility for a program of this type; 3) seniors (silver sneakers) already have a "free" program at the BA YMCA.

Does this program compare/compete with the above?

Name not shown in Cincinnati

January 26, 2010, 9:18 PM

I would be very interested in participating. Is registration March 13? Thru the City or TriHealth?

Russell Speiller in Montgomery

January 26, 2010, 7:43 PM

It comes down to time, effort, and cost. Operating hours on weekdays starting very early and ending late, as well as weekend hours is a start. Being centrally located to most citizens and having the low enrollment fee also help a great deal. A broad range of programs and activities such as cooking classes, swimming lessons, yoga, rock-climbing lessons, sports (indoor/outdoor tennis, raquetball, basketball, water polo), etc.. would keep me much more motivated and interested than simply running on a treadmill while staring at a TV, which becomes extremely dull in just minutes.

For people with young children, a playground of sorts for kids would be nice, while a day-care within the facility may be needed for people with very young kids (e.g. newborns, infants).

Janie Telljohann in Cincinnati

January 26, 2010, 7:39 PM

I think it is a great idea. I haven't lived in Montgomery very long and love that there can be classes close to home! Great way to meet new people and get fit at the same time!

Gary Gross in Montgomery

January 26, 2010, 5:10 PM

This is a great idea for City of Montgomery. I am already very active. I bike over 7,000 miles per year and spend additional 100 plus days in the gym doing weight training.

Great community concept!

Chad Planner in Loveland

January 26, 2010, 10:23 AM

This sounds like a great program. As a Montgomery businesses owner I would hope that our employees could also participate. This would be an added benefit that may help sway more businesses to locate in Montgomery.

MM GOARD in Montgomery

January 26, 2010, 7:53 AM

This is a nice idea. Will have to check with Tri-Health for more details.

Name not shown in Montgomery

January 26, 2010, 7:53 AM

I'd love to participate, depending on the cost. One of the few drawbacks to choosing Montgomery over Blue Ash is the wonderful rec center in Blue Ash. If this program were as affordable as that and would provide simmilar resources, I'm there! How do I sign up?