

Getting Active in Your Neighborhood with the
Neighborhoods Alive! Toolkit

An easy, step by step toolkit and resource guide for organizing
a fun and active wellness event in your neighborhood

Neighborhoods Alive!



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From [Partnership for a Healthy Lincoln](#)



Partnership for
a Healthy Lincoln

About Partnership for a Healthy Lincoln

Partnership for a Healthy Lincoln is a non-profit organization that works to improve community health, helping everyone to live longer, healthier lives, in their homes, schools, workplaces, and neighborhoods. For over a decade, our annual city-wide event, Streets Alive!, has focused on improving neighborhood wellness and vitality by encouraging whole neighborhoods to get out, get active, and get healthy in a fun and interactive way.

About the Neighborhoods Alive! Toolkit

Getting active and healthy in your own neighborhood

Organizing and hosting a neighborhood fair doesn't have to be a city-wide event like Streets Alive!

If you want to bring your street, your block, or your whole neighborhood together in a way that supports neighborhood vitality in a fun, active, and informative way, we can help with this free *Neighborhoods Alive!* Toolkit. The kit outlines four simple steps you can take to organize an active wellness fair in your neighborhood, including printable materials, game ideas, and even local organizations that are waiting to help you out!

Or... maybe you're just looking for ways to get more active where you live. If organizing an event like Neighborhoods Alive isn't feasible, check out **Simple Healthy Neighborhoods** at the end for ideas on how to get active in your neighborhood by yourself or together with a few neighbors!

Organizing a Neighborhoods Alive! Event

Step 1: How do we get started?

Recruit a few neighbors to help plan and organize the wellness event. If you have a neighborhood association, engage and involve them. It is important to discuss the goals of this event: **to support the vitality of your neighborhood and the health and wellness of everyone in it.**

Consider passing out a flyer to your neighbors to tell them about the event and vote on a possible date. Weekends or holidays during mid-May, June, and July are usually the best bets for getting everyone together.

You will also need to pick a location! Decide if you would like to close off a street from traffic. Using the street is a great place for a neighborhood wellness event -- it's an open, public space where neighbors feel at home. You could also consider hosting the neighborhood event in a nearby neighborhood park.

- If you'd like to **block off a street** in your neighborhood, you'll need to fill out a ["block party" application at this link](#). Don't worry, it's simple!
- If you'd like to **use the park** in your neighborhood to organize a wellness event, get more information or [apply for a park permit at this link](#).

Step 2: What can we do at our active wellness event?



Once you've settled on a date and location for your wellness event you're ready to plan the really fun stuff. Choose a few activities that will encourage your neighbors to get out, get active and have fun together. Here are some ideas to get you started.

Neighborhood Scavenger Hunt Bingo: We have general age-appropriate bingo cards or neighborhood specific cards (not all neighborhoods have a card) on our website, [or create your own.](#)

- Bike Rodeo:** [Information and tips for setting up a bike rodeo.](#)
 - For help organizing a bike rodeo, check with your local Kiwanis Club. They have experience organizing bike rodeos and would be glad to help! Find a [local Kiwanis club near you at this link.](#)
- Bike Parade:** [Easy guide for organizing a bicycle parade.](#)
- Bike Games:** [Fun and easy bicycle games and events.](#) Find the [bike trails](#) in Lincoln closest to you.
- Neighborhood Talent Show:** [29 winning talent show ideas for everyone](#)
- Teddy Bear Hunt:** [How to organize a teddy bear hunt.](#)
- Team Relay Races:** [13 fun relay race ideas](#)
- Neighborhood Obstacle Course:** [How to make a DIY obstacle course outside](#)
- Chalk Walk:** [Organizing a neighborhood chalk walk](#)
- Contests:** Hula-hoop contest, jump rope contest, relay races.
- Neighborhood Garden Exchange:** Set up a tables and share extra produce, plants, shrubbery or flowers from your gardens.
- Join in Fitness:** Invite a local yoga studio to lead a class or give a demonstration.
- Traffic Garden:** [Put together a "traffic garden"](#) that teaches children how to safely navigate crossways.
- Take photos and catch people having fun!** Find a way to share the photos – securely – to help neighbors put names to faces.

Let us know your ideas and we can add them to this guide. [Contact us.](#)

Step 3: Who could help us?



Promoting neighborhood health and vitality benefits nearby businesses as well as the neighborhood. Check with your neighborhood businesses, pools, car washes, and grocery stores to see if they'd like to be a part of your event by giving away gift cards or membership donations. Use the gift cards as award prizes at your event.

There are also non-profit organizations in Lincoln that are often interested in sharing health, wellness and safety information and resources with your neighborhood! Resources they offer might include fitness and sports demos, healthy produce, gardening tips, health screenings and free health and safety information. Here are just a few - click on the links to read about their resources, then contact them if you'd are interested in having them provide information at your event. Click on the links to read about their resources, then contact them if you'd like them to attend your event.

Kid's Programs:

- [Lincoln-Lancaster County Safe Kids](#)
- [Josh the Otter, Kids Water Safety](#)
- [Salvation Army Small Fry Basketball](#)
- [Lincoln YMCA Youth Sports](#)
- [Lincoln Parks and Recreation Youth Programs](#)

Gardening, Healthy Food Access:

- [Community CROPS](#)
- [UN/L Backyard Gardener](#)
- [Nebraska Extension Nutrition Education Program](#)
- [Food Fort](#)
- [Food Bank of Lincoln, Lincoln Fresh Mobile Produce Truck](#)
- [Tabitha Meals on Wheels](#)

All About Bikes:

- [GRiT \(Girls Riding Together\)](#)
- [BikeLNK](#)
- [Lincoln Bike Kitchen](#)
- [Great Plains Bicycling Club](#)
- [DEVO](#)

Trails, Parks, & Nature:

- [Lincoln Parks and Recreation](#)
- [Great Plains Trails Network](#)
- [Pioneers Park Nature Center](#)

Neighborhood Improvement:

- [NeighborWorks Lincoln](#)
- [Community Action Weatherization Program](#)
- [Nebraska Weatherization Assistance Program](#)
- [Aging Partners, Home Handyman Program](#)

Step 4: How do we spread the word?

Flyers:

Distribute a **flyer with event information**, ideally about three weeks before the Neighborhoods Alive!



event. Here are a few easy to use free downloadable template resources: [Poster My Wall](#) [Photo Ad King](#) [Canva](#)

Remember to give credit to any sponsors on your flyer. The flyer should include:

- Date, time and location
- Alternate rainout day or location, if available
- List of what will be provided
- List of what people should bring, if anything.

Promotion:

- Promote your event on your personal or neighborhood association **social media** pages – Facebook, Instagram, Twitter. Tag us on your posts and we will promote your event too!
- Promote the event in your **neighborhood newsletter** or at neighborhood meetings.
- Ask local houses of worship to include in their church bulletins or newsletters



Simple Healthy Neighborhood Ideas

If you want to be active in your neighborhood, but organizing an event like **Neighborhoods Alive** isn't feasible, here are some ways to be active in your neighborhood by yourself or together with a few neighbors!

- Jump on the [Bike Trail near you](#). If you don't have a bike, try [BikeLNK](#) – Lincoln's bike share program. If you'd like to own a bike but can't afford one, check out the [Lincoln Bike Kitchen](#).
- Organize a neighbor-walk group. Grab a couple neighbors and set up a time to walk the neighborhood together.
- Stroller moms and dads. Connect to other parents in the neighborhood with toddlers on neighborhood walks
- Dog walks. Connect to other pet parents in the neighborhood on neighborhood walks

If you want an active way to improve the beauty and outdoor enjoyment of your neighborhood here are some ideas these that could also be part a **Neighborhoods Alive** event as well:

- Start a community garden
- Plant/garden exchange
- Bulb or tree planting
- Invasive plant species removal in your park
- Fall landscaping clean-up
- Neighborhood spruce-up: [Neighborhood cleanup toolkit](#) Lots of cities offer **grants** for neighborhood cleanup projects. Find information and an online [application for Lincoln, NE here](#).
- Create a nature trail
- Bike or walking trail repair
- Paint a neighborhood mural
- Paint the fence in a community garden
- Graffiti removal
- Neighborhood car wash (everyone outside washing their own – or each other's cars)



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