

Cheviot uses grant funds to inspire healthy lifestyles

Kurt Bakscheider, kbackscheider@communitypress.com 4:11 p.m. EDT July 2, 2014



(Photo: Kurt Bakscheider/The Community Press)

CHEVIOT – City residents have some new options for getting outside and exercising.

The city recently completed the installation of six new fitness stations along its fitness trail in Harvest Home Park, bringing the total number of workout stations along the trail to 12.

“It’s a great place to come workout,” Cheviot Economic Development Director Caroline Statkus said. “The fitness stations allow you to exercise all the major muscle groups in the body.”

The fitness stations were funded by a grant the city received in 2012 from Hamilton County Public Health’s WeThrive! initiative, she said.

Cheviot was one of 20 communities selected to take part in the program, and Statkus said the city received \$24,000 in grant funding.

In addition to the fitness trail, she said Cheviot also worked with St. Martin of Tours Girl Scout Troop 47595 and the Westwood-Cheviot Skyline Stars Unit 419 to develop and map two walking routes throughout the city.

Called Cheviot WALKS, new signs mark a 1-mile walking route and a 1.5-mile route around town. Statkus said the grant allowed the city to post 30 signs displaying the two walking routes. The 1-mile route starts at the Cheviot Branch Library and the 1.5-mile route starts at Harvest Home Park.

She said the city also used the grant money to add a new handicapped-accessible swing at Harvest Home Park, paint a hopscotch game on the park’s former basketball court and install a new bicycle rack at the Cheviot Municipal Pool so children who ride their bikes to the pool have a spot to lock them up.

Cheviot also bought new signs to promote the Lettuce Eat Well Farmer’s Market at Harvest Home Park, which operates every Friday afternoon year-round, and Statkus said the grant funding was also used to help start a community garden at St. Martin. The garden, maintained by St. Martin students and parishioners, supplies St. Vincent de Paul’s food pantry with fresh, seasonal produce.

“We got a lot of bang for our buck out of the grant funding,” Statkus said. “It’s a very good program.”

She said she’s pleased with the way the fitness trail and the walking route signs turned out, and she’s heard many residents are taking advantage of the fitness trail and walking routes.

Cheviot’s implementation of its grant funding is fulfilling the goal to get people out walking and exercising, she said.

“WeThrive! is all about making healthier choices in life,” she said.

Cheviot Ward 4 Councilman William Clark III said Harvest Home Park’s fitness trail was dedicated as part of the festivities at the city’s inaugural Cheviot Family Day at the park in June.

“We are striving to provide more recreation for children and adults within our city in the upcoming year,” he said.

Statkus said the city is gearing up to participate in the WeThrive! initiative again this fall.

Read or Share this story: <http://cin.ci/1IA58SL>