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Be Healthy QC Newsletter



Welcome to the Be Healthy QC Newsletter!

Introducing QCTrails.org

We are excited to announce that QCTrails.org was launched this week! QCTrails is a free, user-friendly, interactive, mobile-responsive website that showcases the trails in the Quad Cities Area, along with landmarks, points of interest, infrastructure, and other valuable resources such as parking, water, restrooms, information kiosks, parks, etc.



With this website users will be able to determine which of the Quad Cities' over 200 miles of non-motorized recreational trails and nearly 7,500 acres of parks they want to visit next. Users can track their physical activity progress in real-time and share their experiences with friends through social media. This is an exciting new tool for encouraging and improving local outdoor physical activity throughout the year.

The staff at Bi-State Regional Commission teamed up with the Quad City Health Initiative, Be Healthy QC, the Cities of Bettendorf and Davenport Iowa, the Cities of East Moline, Moline, and Rock Island Illinois, and other local partners to create the interactive trails map and website. Funding for the project is from the Partnerships to Improve Community Health grant through the Centers for Disease Control and Prevention. Visitors to the website can find trails and learn more about local outdoor physical activity opportunities throughout the year. In the "Log My Trails" area, users can create their own account, which allows them to save favorite trails, make wishlists, add photos, comments, and

notes on trails. In addition, completing trails lets users earn 16 virtual badges to showcase their achievements. Go to QCTrails.org and check it out today!

Track your activities to earn badges online and share your progress with your friends!



Trails offer perfect opportunities for Quad Cities' Residents to explore the outdoors and move more. The simplicity of walking or riding a bike opens trail experiences to all members of the community, regardless of age or ability.

Meet the QC Trails Project Lead -- Lisa Miller

Lisa is the Data/Graphics/GIS Director at Bi-State Regional Commission and has been with the organization over twenty-five years. Lisa has a Bachelor of Fine Arts degree in Graphic Design and is also involved in Geographic Information System (GIS)/mapping, website development, and data research services. Lisa is a life-long Quad Cities resident, spending most of those years in rural Rock Island and Mercer Counties. She is married with three sons and enjoys the outdoors (trails!), art, music, and backroads travel. She is very excited to see what the future holds for QCTrails.org!



Want to be recognized for the work your organization or business is doing? Take our Worksite Wellness Healthy Workplace Assessment here!

Be Healthy QC recently unveiled a new healthy workplace recognition program. Businesses that meet at least 10 of the 20 items on the assessment found at the link below will receive a letter and certificate of recognition for their worksite wellness efforts, as well as a window cling to display at the entrance of their business. If you would like your business to be recognized for your

progress in creating a healthy workplace, please download and complete the assessment linked below and return it to: quadcityhealthinitiative@gmail.com.

Take Our Assessment Here

Like us on Facebook 

Quad City Health Initiative
563-421-2826
plumbe@genesishealth.com
<http://www.qchealthinitiative.org>

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Made possible with funding from the Centers for Disease Control and Prevention

Quad City Health Initiative, Davenport Medical Center (West Campus),
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