

Chapter 1 : Explore St Louis & Find Fun Attractions, Good Food & More

Road trips are a summer staple for my family. This family of six finds traveling by car the most economical way to get just about anywhere. Be it a short trip across the state or a longer one crossing multiple states, getting there is half the fun.

K ; Melvyn Hillsdon: M ; Jo C Coulson: A ; Janice L Thompson: This article has been cited by other articles in PMC. Abstract Background A key public health objective is increasing health-enhancing physical activity PA for older adults OAs. Daily trip frequency is independently associated with objectively assessed PA volumes OAs. Results Trip frequency was associated with gender, age, physical function, walking-aid use, educational attainment, number of amenities within walking distance and cars in the household. Public transport and active trips are associated with greater PA than those by car, especially as a car passenger. Strategies encouraging increased trips, particularly active or public transport trips, in OAs can potentially increase their PA and benefit public health. Background In the UK, the number of adults aged over 65 years increased between and by 1. Current projections suggest that those over 85 years will double in number by It is, therefore, increasingly important to find ways of facilitating the maintenance of physical function, health and independence and quality of life of older individuals. This in turn will help reduce the substantial financial and personal burden of health and social care costs incurred by the older adult population. Physically active older adults have lower risk of disease including dementia, higher levels of physical and cognitive function, psychosocial well-being and independence than inactive older adults [2]. Both recreational physical activity e. However, participation rates in recreational physical activity for those over 70 years is limited walking National Travel Survey data [6] provide some indication as to the frequency and mode of transport for trips made from home. Although much research has been conducted on structured programmes of physical activity [7] much less is known about daily patterns of movement and their association with overall levels of physical activity [8]. Recent evidence from Japan indicates that getting out and about in the local neighbourhood is beneficial for maintaining physical function in the frail elderly [9]. Project OPAL was designed to provide comprehensive assessment of patterns and levels of activity, functionality, well being and perceptions of the environment. We have previously reported the associations between trips per week and of accelerometer assessed PA [10 , 11] as well as the association between neighbourhood deprivation and physical activity in UK adults aged 70 and over. This study aims to describe the frequency, purpose, and travel mode of daily trips in adults over 70 years y , and their association with participant characteristics and objectively assessed PA. Understanding the nature of this relationship is important because it is currently unclear whether policy to increase activity in older adults should focus on the provision of facility-based structured exercise programmes or facilitation of free-living activities based in the local community. Methods Sampling and recruitment A diverse sample of participants over 70 years were recruited to Project OPAL by written invitation via the patient lists of general medical practices distributed within the boundaries of a large city in the UK Bristol. IMD combines 38 economic, social and housing indicators into a single deprivation score for each locality, with a high score denoting a high level of deprivation [12]. Participants were randomly selected from patient lists and minimal exclusion criteria namely: Invitations to participate, an information pamphlet, and consent form were mailed to those patients who were not excluded by the practice administrator. Return of the consent form to the research team initiated inclusion in the project. Participants were supplied with an Actigraph and briefed on its use at the first visit 1 of two home visits. Participants were asked to wear the Actigraph for seven days during waking hours, removing it only for bathing, water-based activities or when suffering discomfort. Actigraphs were programmed to record activity in second epochs, producing both count and pedometer data. Also at visit 1 participants were supplied with and briefed on how to complete the daily trips log. The daily trips log was used to record details of the days and times when the Actigraph was worn and any trips made away from the home. For each trip, participants recorded the purpose shopping, personal business [e. Also during visit 1 height and weight were measured using stadiometer and portable scales respectively, and physical function was assessed using the Short Physical Performance Battery SPPB [13]. Demographic data

were collected through an interviewer-administered questionnaire. Participants were asked to report their highest level of education completed options were: Participants were asked how many drivable motor vehicles there were at the household and whether they regularly used a Zimmer frame, walking stick or other walking or mobility aid. Further, participants were asked to indicate from a check list which amenities were perceived to be within a five-minute walk from their home. At visit 2 usually seven to nine days after visit 1 the accelerometer and log were retrieved and responses to any remaining unanswered questions from the questionnaire recorded. Data reduction and analyses Logs were inspected and entries for specified "other" trip purposes tabulated. Any specified options in the "other" category that were found to map onto existing options were re-coded to that option. Frequently occurring "other" options that did not map onto existing options were reclassified into new discrete options "health" e. Reclassification was performed by a researcher and decisions checked and confirmed by another researcher who was familiar with the data. The date of data collection was used to identify the current season and allow determination of seasonal influences on trips. Actigraph data were downloaded using Actilife Lifestyle Monitoring System v. Files failing to meet the inclusion criteria of ten hours of monitoring on at least five days, were excluded from analysis. Trip logs with fewer than five days of entries were also excluded. Both log data number of trips and accelerometry data were summed and then divided by the number of days for which data was collected e. For ease of interpretation a weekly equivalent trip frequency score was derived by multiplying the daily score by seven and this was used in analyses. Prior investigation [15] has indicated that long periods of zero counts are not uncommon in this population and that setting this parameter any lower may risk distorting the data provided by the least active participants. Data were first checked for normality. Independent t-tests or one way analysis of variance ANOVA were used to determine differences between groups. Bivariate correlations were used to establish the strength of relationships between weekly trips and physical activity. The unadjusted association between respondent characteristics and trips per week separately for males and females was examined using one-way ANOVA. We have previously shown that gender is not associated with physical activity in this population. Therefore, for this reason and to retain power we did not run gender specific models. Results Participants Of the older adults invited to participate, were females mean age Responses were received from individuals, declined to participate, gave informed consent to participate and completed the study. The overall recruitment rate from those invited to take part was Although recruitment of members of this age group for physical activity studies is challenging [16] a representative sample for gender, age, and BMI was achieved. The age and gender of the sample differed minimally from the patient lists from which they were selected. The differences in proportions between pooled practice lists and recruits in each age group were: There were participants who provided both accelerometry and log data that met the inclusion criteria. Trip frequency The participants recorded a total of trips over the seven days of recording. Only two participants did not perform any trips. Mean trips per week were 9. The distribution among trip frequency categories was:

Chapter 2 : 'Get Out,' 'Power,' 'black-ish' and 'Girls Trip' win at NAACP Image Awards - ABC News

Get Out and Trek's upcoming outdoor trips and events that let you and your fellow GOATs break free from your everyday. Get Out and Trek's upcoming outdoor trips and.

LinkedIn Road trips are a summer staple for my family. This family of six finds traveling by car the most economical way to get just about anywhere. Be it a short trip across the state or a longer one crossing multiple states, getting there is half the fun. After we get out the door, that is. Teens and tweens can help with that. Family fun on the road? As long as you come prepared. Patty Holliday No matter how short the trip or how long we are gone, loading up to leave is always a process in my house. It never fails that we are scrambling to find allthethings right as we are heading out the door. Bags to the left of me. Coolers to the right of me. Pillows and blankets, Oh My! To say getting out the door is a journey in itself is not an exaggeration. The Happy Holliday family on the road again! Oh, we always start with good intentions. There are spreadsheets, maps, and bathroom breaks scouted out along the way. Snack bags are put together with individual names on them. The car is serviced, gassed, and cleaned out. Entertainment needs are addressed by age and suitable purchases made on electronics as needed. We have an all-caps P-L-A-N in place weeks before we ever make it out the door. This is a nod to my pre-parent days when I managed travel for 20 agents in an insurance office. I share that nugget to say: All at the same time. Funny how life works, eh? And I love how they can be trusted to help me with the baby of the family. My oldest daughter thrives when we give her tasks like packing up for a trip. When I decided to let them have some responsibility for packing, I also decided that they and I would need to live with the outfit decisions they made. It helps give them some ownership in the packing process and allows me extra time to focus on the trip as a whole. So give them plenty of advanced notice when it comes to packing. Be transparent with the expectations and timetable. I start the preparation process with them four days before we leave. There was the time my oldest son forgot his shoes. Unluckily for him, they were pink. Hey, you reap what you sow. The infamous pink flip flops. Give the kids some space. Our minivan is the perfect size for our family. Do not minimize this important fact: Nothing good comes from that level of closeness, trust me. Make sure they have enough room to have a small bag packed for their personal use with books, journals, or electronics. Entertainment is key on road trips! Ever have that particular smell come from the back seat? Check that they not only packed their personal hygiene products for a trip but that they are also USING them. I know I said to give them space and all that, but sometimes you do have to get into their business to save the whole family. One of the beautiful things about traveling by car is the ability to call an audible and change the plan as needed. Did we forget a charging cord? How about that hairbrush? But to a tween girl, it may feel like the end of the world. Everyone needs to pack their patience. From the drivers to the passengers, being in a car for hours at a time can certainly add up. Remember that getting there is half the fun; sit back and enjoy the ride! This is what makes the road trips worthwhile. My four kids were oohing and ahing over the Grand Canyon. We have a couple of road trips planned that I know will bring wonderful new experiences to my family. As long as we can get out the door, that is.

Chapter 3 : Road trip! Get out of town and into the music this summer | The Seattle Times

"Thursday Night Out" has something for everyone and features over fifty retailers, galleries and restaurants with special offers, activities, demonstrations, live entertainment, refreshments and fun.

Chapter 4 : Road Tripping with Teens & Tweens | TravelingMom

Fandango correspondent Chris Witherspoon joins Megyn Kelly TODAY to run down the entertainment of that you need to catch up with, including the unconven.

Chapter 5 : Group entertainment for your brains! - Review of Get Out Omaha, Omaha, NE - TripAdvisor

DOWNLOAD PDF GETTING OUT : ENTERTAINMENT TRIPS

Between long work days, small living quarters, and the general crippling anxiety and stress that comes with living in New York City, getting away for the weekend is completely essential.

Chapter 6 : How to get out of a school trip? | Yahoo Answers

Road trip! It's summer, and time to get out of town. This weekend, you can head over to Eastern Washington for "Vans Warped Tour '05," which goes on all day tomorrow at the Gorge.

Chapter 7 : Houston Hotels, Things to Do, Events, Restaurants & Vacation Planning

Get Out Omaha: Group entertainment for your brains! - See traveler reviews, 32 candid photos, and great deals for Omaha, NE, at TripAdvisor.