

Help someone turn their life around through cycling...

...We NEED your old bikes and accessories!



Tax-deductible bicycle and accessory donations will be used to implement a pilot program that will provide women in recovery with the opportunity to ride a bicycle. The 10-week pilot program is scheduled to begin May 1st at *Interim House* in Mt. Airy, Philadelphia.

Donation Requests:

Used (but working) mountain and hybrid bicycles

and...

- Flat pedals
- Cyclometers
- Helmets
- BELLS!!!!!!

***** No STI shifters or drop handlebars PLEASE! *****

To schedule donation drop-off or pick-up contact

Kristin Gavin at kristingavin@gmail.com

(See attached FAQ sheet for more information on the program)

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A Bicycle Program for Women in Recovery



Frequently Asked Questions (FAQ)

What Is Interim House?

Interim House, Inc. is the oldest residential and outpatient substance abuse treatment program for women in Philadelphia and one of the first on the East Coast. Since its inception in 1971 as a 501(c)(3) non-profit agency, Interim House has been a model for innovative treatment.

The mission of Interim House is to help women develop the knowledge, skills and supports necessary to promote sobriety, manage emotional and behavioral difficulties, choose and maintain healthy lifestyles, and develop healthy relationships with peers, family and the community.

Who Are Women In Recovery?

Many of the women are formerly homeless, have histories of abuse and trauma as kids and/or as adults, have used drugs and alcohol as a way to cope with painful experiences, have limited education levels, limited employment skills, multiple psychiatric and medical problems, and are attempting to learn how to live a clean and sober life with purpose and meaning. Many are in the process of strengthening their relationships with their family and children.

How Will A Bicycle Program Help Women In Recovery?

Exercise is proven to increase cardiovascular health, decrease risks for various chronic medical diseases, and improve health-related quality of life (Penedo & Dahn, 2005). Studies show that people who are physically active are three times less likely to suffer from depression than are inactive individuals (Morgan, 2000). Recovering individuals who engage in exercise related activities achieve longer durations of abstinence during treatment than individuals who do not complete an exercise-related activity (Weinstock, Barry, & Petry, 2008). By providing the opportunity to ride a bike and engage in physical activity, women will develop an increase in both physical and mental health and potentially prevent relapse. This activity will also allow for shared recreational activities and quality time with their children.

Many of the women at Interim House are obese, have high blood pressure, poor dietary habits, asthma, diabetes and other serious weight-related health conditions. Incorporating opportunities to regularly ride a bicycle will provide a healthy and fun option for exercise. Biking will reduce boredom and foster recreational and social activities that will help them transition back into the community.

Who is Kristin Gavin?

Ms. Gavin is a Fitness Instructor at Interim House. She is an avid cyclist, team member of Human Zoom/Pabst Blue Ribbon and a recent graduate of Temple University's Master's in Exercise and Sport Psychology Program. She has spent four seasons guiding bicycle tours.

How Can I Help Support Women In Recovery?

You may help by donating gently used bikes and any other bike accessories that can be reused. Donations can be made payable to "Interim House." All donations are tax deductible. Interim House is a 501 c (3) not for profit organization, Federal ID 23-727-1617.

Penedo, F. J., & Dahn, J. R. (2005). Exercise and well-being: A review of mental and physical health benefits associated with physical activity. *Current Opinion in Psychiatry*, 18, 189-193.

Morgan WP. Psychological outcomes of physical activity. In: Maughan RJ, ed. *Basic and Applied Sciences for Sports Medicine*. Thousand Oaks, CA: Sage; 2000.

Weinstock, J., Barry, D., & Petry, N. (2006). Exercise-related activities are associated with positive outcome in contingency management treatment for substance use disorders. *Addictive Behaviors*, 33, 1072-1075.