

Walking is...

fun and enjoyable

good for you and the planet








inexpensive *and* a way to save money on transportation and health costs

a great way to meet your neighbors, classmates, and/or connect with your family

a simple exercise that can be done almost anywhere and anytime with little or no special equipment



Take a step...

-  go for a walk... today!
-  explore your street, neighborhood, and community on foot...
 - Where's the nearest store?
 - Where can you walk in 15 minutes?
 - What are safest routes to school?
 - Where do my neighbors walk?
 - What are the paths, trails, and favorite routes in your area?
-  see how *far away* you can park instead of the opposite
-  get a pedometer/step counter
-  set achievable, meaningful goals; decide on regular times to walk or engage in other physical activity
-  encourage your friends, co-workers, classmates, and loved ones to get active too
-  check out the many resources available to you (see "Resources")

"Walk-talk"

Every trip begins and ends with walking...

Walking remains the cheapest form of transport for all people...

Walkable communities put urban environments back on a scale for sustainability of resources (both natural and economic) and lead to more social interaction, physical fitness and diminished crime and other social problems. Walkable communities are more livable communities and lead to whole, happy, healthy lives for the people who live in them.

- Walkable Communities, Inc.

Personal choices and commitment will ultimately make the difference in our individual health and the well-being of our communities.

-Dr. Kimberlydawn Wisdom
Michigan Attorney General

In 2002, the consequences of sedentary lifestyles cost Michigan nearly \$8.9 billion in medical care costs, lost productivity, and workers compensation.

- Michigan Dept. of Community Health

Wanderer, there is no path. You lay a path in walking.

- Antonio Machado

Walk for Health

Active living improves health by:

- Reducing the risk of dying prematurely.
- Reducing the risk of dying from heart disease.
- Reducing the risk of developing diabetes, colon cancer and high blood pressure.
- Reducing feelings of depression and anxiety.
- Helping control weight.
- Helping build and maintain healthy bones, muscles and joints.
- Promoting psychological well being.



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Resources

Order a copy of **Mid-Michigan Greenways Map** from Mid-Michigan Environmental Action Council at (517)485-9001

Michigan on the Move offers a **Quick Start Guide**. Call (517)347-7891 or visit www.americaonthemove.org/MI

Michigan's Dept. of Community Health and the Governor's Council on Physical Fitness have excellent materials for...

Schools and Communities

800-434-8642

Congregations

517-324-7305

Also visit: www.mihealthtools.org

League of Michigan Bicyclists

www.lmb.org

Rails to Trails Conservancy

www.railtrails.org/field/michigan

Walkable Communities, Inc.

www.walkable.org

www.walktoschool-usa.org

www.activelivingbydesign.org

<http://americawalks.org>

Walk Talk

