

# Let's take a Walk

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Walking has a variety of benefits. When you walk instead of driving a car, or even taking the bus, you are getting exercise instead of contributing to air pollution. A pair of walking shoes is less expensive than purchasing a bike, which makes it a very economically sustainable mode of transportation. Walking is a great family activity, and creates a great time to talk about the day. Walking is not only good for you and the environment, but more people walking equals less cars on the road, less traffic congestion, and a safer commute for everyone.

Sustainability isn't just about resource conservation and being environmentally friendly, it is also about being safe and having a safe community. When you walk, you can stay safe by walking on the sidewalk and using marked crosswalks. If there is no sidewalk, walk facing oncoming traffic, wear light colored reflective clothes, and make sure that you stay aware of your environment. It might be fun to listen to music while you walk, but use just one ear-bud and keep the other ear open. As a property owner, you can help make your community more walkable by trimming large sight-blocking plants away from corners, and by keeping the sidewalk clear of obstructions like garbage cans, debris and trash.

For more ideas and information on developing a more walkable community, check out "A Resident's Guide for Creating Safe and Walkable Communities" from the U.S Department of Transportation and Federal Highway Administration.

