



WALKING GETS THE FEET MOVING  
THE BLOOD MOVING, THE MIND  
MOVING

A collage of four images illustrating walking. The top-left image shows a man in a light blue shirt and pants walking hand-in-hand with a small child in a green jacket on a gravel path. The top-middle image shows a group of five business professionals in suits walking along a paved walkway with a wooden railing. The top-right image shows three people walking through a stone archway; a man in a grey jacket and cap, a man in a blue jacket, and a woman in a maroon shirt and white pants. The bottom-right image shows a woman in a white tank top and red pants walking a black and white dog, with a child in a white shirt and blue pants walking alongside her.

## Poll Question #1

## Walking

- The benefits of walking
- Getting started with a walking routine
- Online tools for walking
- How to advocate for a more walkable community
- Other tools and resources



## Why Walk?

- Lose weight
- Lower cholesterol
- Strengthen your heart
- Boost energy levels and reduce stress
- Reduce the likelihood of serious health problems down the road



## How much?

- 2008 Physical Activity Guidelines for Americans
  - ▣ Adults should do 2 hours and 30 minutes a week of moderate-intensity
  - ▣ Activity should be performed in episodes of at least 10 minutes, preferably spread throughout the week.
  - ▣ 10,000 steps
  - ▣ Take it one step at a time

## Getting Started



## Getting Started

- Comfortable Attire
  - ▣ No fancy clothes are necessary!
  - ▣ A good pair of socks
  - ▣ Comfortable shoes



## Getting Started

- Warm Up
  - ▣ Five minutes easy walking



## Getting Started

- Stretch
  - ▣ After the warm up
  - ▣ During the cool down
- 3 easy stretches



## Getting Started

- Stay Hydrated
  - ▣ Replenish the fluids lost during exercise
  - ▣ Important to drink water before, during and after exercise



## Getting Started

- Change it up
  - ▣ Try new routes, distances
  - ▣ Keep your body guessing
  - ▣ Keep things interesting



## Strategies for Success

- Put in on the calendar
- Make a weekly action plan
- Get a buddy
- Chart your progress
- Sneak in extra steps



## Pedometers

- Step-Counting Device
- Great for:
  - ▣ Goal setting
  - ▣ Motivation
  - ▣ Tracking progress

## Online Tools



## Walking Programs

- Live Healthy Iowa
  - [www.livehealthyiowa.org](http://www.livehealthyiowa.org)
  - Click on “Resources” and “Fitness Plans”
- Wellmark Walking Works
  - [www.wellmark.com](http://www.wellmark.com)
  - Search “Walking Works”



## Poll Question #2



## Where to Walk

### □ Trails

- [www.iowadot.gov/iowabikes](http://www.iowadot.gov/iowabikes)
- [www.inhf.org/iowatrails/index.htm](http://www.inhf.org/iowatrails/index.htm)
- Your local area



## Walking In Your Neighborhood

### □ Google Maps

- [www.maps.google.com](http://www.maps.google.com)

### □ Map My Run

- [www.mapmyrun.com](http://www.mapmyrun.com)



## Walking In Your Neighborhood

- Walk Score

- <http://www.walkscore.com/>



## How to advocate for a more walkable community



Does your neighborhood look like this?



Do you wish your neighborhood looked like this?



## How to Advocate for a more Walkable Community

### Walking WITH A PURPOSE

Walking is a great way to be physically active. Walking is free, easy to fit into daily life, and can be a great form of transportation. The benefits can even be accumulated in short bouts in order to reach the target of 90 minutes of daily activity for children. Everyone benefits from walking, but walking needs to be safe and easy. Communities are looking to improve the pedestrian environment as a strategy for revitalizing business districts, increasing the safety and ability of children to walk to school, improving the health of residents, and creating a greater sense of "place" and community character. According to the Smart Growth Network, walkable communities make pedestrian activity possible, thus expanding transportation options, and creating a streetscape that better serves a range of users including pedestrians, bicyclists, transit riders, and automobiles.

A walkable community is essential for our children too. According to the Centers for Disease Control and Prevention (CDC) in 1990, approximately half of all school children walked or bicycled to or from school and 87 percent of those living within one mile of school walked or bicycled. Today, less than 15 percent of children and adolescents walk or bike to school. This decrease in physical activity is impacting Iowa's children. Beginning in the fall of 2000, the Iowa Department of Public Health has measured the height and weight of over 4,000 2<sup>nd</sup>, 4<sup>th</sup>, and 8<sup>th</sup>



grade students in 12 schools across the state. Of those children measured, 62.3% had a normal Body Mass Index (BMI), 19.0% were at risk for overweight, and 18.1% were overweight. This decrease in physical activity and increase in weight has taken a financial toll on Iowans. Total annual health care costs attributable to adult obesity in Iowa are estimated at \$780 million.<sup>1</sup>

This resource will help your school conduct a walkability assessment of its neighborhood. The checklist will help assess what makes the walking environment inviting and safe, as well as identify barriers that exist. After the assessment, school staff can help students become advocates for a more walkable community.

## How to Advocate for a more Walkable Community

- ❑ Form a coalition/task force
- ❑ Collect information
- ❑ Speak with community leaders about the need for your community to be walkable
- ❑ [www.americawalks.org](http://www.americawalks.org)



# Low Cost Ways to Make Your Community Healthier

## LOW-COST WAYS TO Make Your Community Healthier

### Extremely Easy

- Use the Iowa 50 for Life Walking with a Purpose tool. This resource provides a way to assemble a group and assess the walkability of your neighborhood. Visit [www.50forlife.org](http://www.50forlife.org) and click on "to your community"
- Conduct a routine assessment of your local restaurants, convenience or grocery stores. Share the results with your municipality so they have people want healthy choices. Tools are available at <http://www.aesd.org> or [www.iahsd.org](http://www.iahsd.org)
- Visit the Iowa Department of Transportation's Safe Routes to School page for low cost ideas on how to make the routes to school safer in your community. [www.iowadot.gov/traffic/school\\_projects.html](http://www.iowadot.gov/traffic/school_projects.html)
- Attend low key informational meetings in your community. Your community structure is influenced every day by the city council and the planning and zoning commissions.
- Write a letter to community leaders to request funding for a community maintenance initiative or physical activity.
- Showcase the areas of town that are walkable and bikeable by holding a community walking and biking event.



### Will get by with a little help from your friends

- Bring the Safe Routes to School Training to your community. This free workshop will provide community ideas for making neighborhoods more walkable, many of which are low cost. Visit [www.iowasafeschools.org](http://www.iowasafeschools.org) to sign up.
- Begin a community garden in your neighborhood. Learn more at [www.communitygardens.org](http://www.communitygardens.org).
- Get together with the police department to assess traffic safety for bicyclists and pedestrians.
- Host a walk to school Wednesday, helping children walk to school safely and bringing attention to the issue.

## More Opportunities



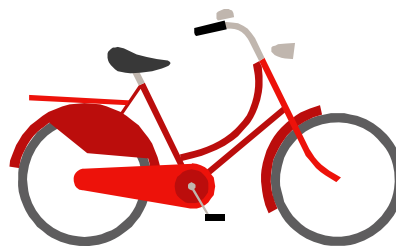
## Other Opportunities

- Live Healthy Iowa
  - Burst Your Thirst
    - June 16-July 28, 2011
  - The Next Step
    - September 8-October 20, 2011



## Other Opportunities

- Bike to Work Week
  - May 16 – 20
- <http://www.iowagoesbybicycle.com/>
- <http://desmoines.bcycle.com/>



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