



April 2016 Newsletter

In this Issue:

- [Our Latest Report on How Walking Changed One Man's Life](#)
 - [Staying Active with Walking Events Around the US](#)
 - [Walking at Work in April](#)
 - [Opportunities to Engage with the Walking Movement](#)
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April showers bring May blooms and much more:

- Announcing two new free webinars:
 - Join us on Thursday May 5th for "[Partnering for Strong Economies: Regional Councils and Walkable Communities](#)" to learn about federal funding resources available through regional councils, the bodies that work to provide federal and state resources to local governments..
 - On Thursday May 12th, hear about how three communities have worked to Step it Up! with programs and policies through "[Paths to Walkable Communities.](#)"
- We're planning for our next Twitter Chat. We'll be chatting with Project for Public Spaces about all things placemaking and walkability at 2pm Eastern on May 9th. Send us questions on Twitter (@americawalks) using #AWandPPS.
- We want to give a shout out to our own Ian Thomas, America Walks State/Local Program Manager. Ian won [his re-election to the city council](#) of his hometown Columbia, Missouri, where he will continue to

A Lifetime of Walking

Kristen Henry, America Walks Program Coordinator, recently spoke with walking advocate Donald Bean. Mr. Bean shared his insights on the benefits of walking and the importance of creating walkable communities.



"I walk every day when the weather is decent for about 40 minutes." he says; "I attribute my long life, at least in part, to that."

[Read more in the full article here.](#)

Putting Our Feet to the Ground

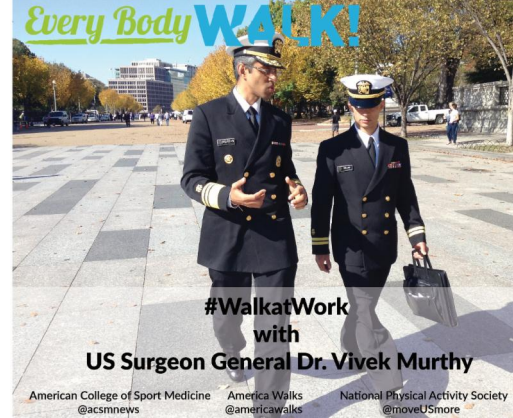
Spring is a great time to get out and engaged with your community. America Walks had the opportunity to do just that recently with several exciting events.



- We were excited to be part of the first hike on [Florida's Ludlum Trail](#), which we first highlighted in our [webinar on tactical urbanism](#) looking at low-cost, temporary ways to create walkable communities.
 - Our friends at Rails-to-Trails Conservancy invited us along for the kick-off of the [Circuit Trails in Philadelphia](#). The Circuit Trails offers hundreds of miles of great walking and biking in the Philadelphia area.
 - April 24th was [ParkRx Day](#) and we walked with US Surgeon General Dr. Vivek Murthy at an event in Washington DC. The day highlighted the power being physically active in our nation's parks can have as a form of preventative medicine.
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Walking at Work

We had fun being a lead organization for the [Every Body Walk! Collaborative's Walk at Work](#) month. It was a great opportunity to share resources on [holding walking meetings](#), [encouraging people to take the stairs](#) and finding ways to connect with colleagues while staying physically active. Join us for May's Walk with Your Pet month!



Add Your Voice to the Walking Movement

There are new opportunities available to provide important information and feedback to the walking movement.

- The National Physical Activity Society is [conducting a survey](#) of public health professionals who work with issues related to physical activity.
- Put your cell phone to good use with [this new study](#) that looks to track walking behavior across the country.

What We're....

- Reading: The new [Transit Street Design Guide from the National Association of City Transportation Officials](#) to see new street recommendations that create walkable communities.
- Watching: The [April 12th webinar](#) that looked at the 2015 top Complete Streets policies from across the US.
- Planning: A trip to Paris to check out [its new designs](#) that give 50% of public spaces to people who walk.



America Walks Sponsors

America Walks would like to thank our sponsors for their generous support of this publication

and all of the work being done by America Walks to promote the Walkable movement. Thanks for helping to make America a great place to Walk!

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