



January 2016 Newsletter

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America Walks Starts 2016 with Giant Step Forward

Happy new year! At America Walks, we have had a busy and productive January launching several new programs, expanding our staff and brainstorming ways to make 2016 year the best year yet for the walking movement. So far in 2016, we:

- Got creative and social! On January 20, we hosted our first-ever Twitter Talk with Ron Sims, longtime advocate and chair of the Washington Health Benefit Exchange Board. We had an inspiring conversation on the benefits and power of walkable communities, filled with motivation, innovation and, most importantly, fun! [Read the recap here.](#)
- Expanded our team. [Meet Kristen Henry](#), our new Program Coordinator who will be working to help us evaluate the ever-growing walking movement. Kristen is hitting the ground running, presenting a poster on her analysis and survey of our 2015 Walking College Program. Welcome Kristen!
- Connected the dots. We continued our efforts to support the [Call to Action on Walking and Walkable Communities](#) by convening two

Regional Town Halls that brought together local organizations and representatives from regional offices of federal agencies. [Read our recap of Region IV here](#). We are clearing snow to host a similar meeting for Region I this week and working with our friends in the Midwest to put plans together for Region V.

Our work is only possible with the generous support of our network. Please help us continue our programs with a donation.

[Click Here to Donate to America Walks](#)

Every Body Walk! Grant Awardees Announced

America Walks and the Every Body Walk! Collaborative is helping get shoes on the ground, paws in action and paths in place with the awardees of ten \$2,500.00 micro grants to help communities answer the Surgeon General's Call to Action on Walking and Walkable Communities. The ten communities were chosen from over 500 applications. Projects include providing leashes for pet owners to stay physically active with four-footed friends, efforts to get neighbors walking together and improving trails, parks and other places to walk.

Micro Grant Awardees



AMERICA WALKS *Every Body* WALK!

[Learn more about the innovative work the ten communities are doing to get people walking.](#)

Join the Conversation with the 2016 Free Webinar Series

America Walks kicked off its 2016 webinar series in January. Join us for free webinars each month that will help advocates walk the talk. Get started with America Walks by:



- Registering today for ["Pedestrian Planning for Communities: A Transferable Training and Implementation Program from Kentucky"](#) on February 11
- Watching the recording of our January webinar ["Livable Communities for All Ages"](#)

- [Checking out all of our 2016 webinars.](#)
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Make Walking a Practice

When we individually or collectively choose to walk, we are doing more for ourselves, for each other, and for our communities than we could ever imagine.



Learn from organizations such as [Walk2Connect](#), [GirlTrek](#), [Susan G.](#)

[Komen](#) and more with in-depth case studies on how walking can inform your own work in our latest report looking at how walking individuals and organizations engage in walking to grow communities, strengthen neighborhoods and improve health.

[Read and download the report here.](#)

Walking College: A Look Back and a Step Forward

America Walks graduated its first class of 25 Walking College Fellows in 2015 and we have already seen great success from our graduates including [receiving regional awards](#), [creating community groups to continue their work](#) and participating



in [state-wide strategic planning](#). These are leaders from around the country working to make changes in their community to improve walkability and promote physical activity. The program was designed to be a training program comprised of independent study, online group discussion and mentorship by some of the leading experts of the walking movement.

We are excited to announce that applications for 2016 Walking College will open in early spring. Stay tuned for more information!



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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