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20 years strong AMERICA WALKS

April 2018

Creating Community Spaces Where All Are Welcomed and Engaged

We spent a lot of time in April looking at what it means to create spaces where all community members feel welcome, engaged, and able to be physically active. We **revisited our Designing for Inclusive Health grantees** where communities are using the funds to find ways to engage people with disabilities in planning, and in projects and programs. Our **third episode of Walking Towards Justice** challenged us to continue to consider ways in which street harassment and other issues create spaces that are unwelcoming and think of ideas to address them.

America Walks was inspired attending the **Equity Summit hosted by PolicyLink**. It reminded us to continue to provide opportunities for our network to learn, engage, and discuss issues facing communities across the US.

Partners Celebrate April's Monthly Theme

It was a busy month for the **Every Body Walk! Collaborative** and our monthly theme, "Walk for Your Health." Be inspired to get on the walking path with these featured blog posts from our lead organizations **Walk2Connect**, **Walk with a Doc**, and **My Walking Coach**.

- **Eight Simple Ways to Harness the Benefits of Walking** by David Sabgir, Walk with a Doc
- **Take a Walk and Take in the Good** by Darcy Kitching, Walk2Connect
- **Empowerment: Walking Out of the Box** by Sarah Massey-Warren, Walk2Connect.



- [Need Some Motivation? Sign Up to Walk a Half Marathon!](#) by Michele Stanten, My Walking Coach
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Community Change Grantee Kicks Off in Florida

Our Executive Director Kate Kraft was in Miami, FL this month to help [kick off a community change project in Little Havana](#). The project is part of [the work being done by Urban Health Partnerships](#) to improve walkability and access to Henderson Park.

Walking College Fellows Announced

America Walks has awarded the fellowships for the [2018 Walking College](#). These fellows represent the diverse backgrounds, professions, races, and ethnicities that make up the walking movement. [Meet the Fellows here!](#)



Mark Those Calendars

- **May 9th at 2pm Eastern:** Be inspired to get people of all ages walking and active with our next webinar, ["From 8 to 80: Creating Livable Communities for All Ages."](#)
 - **May 16th at 3pm Eastern:** Our next Twitter Chat will look at supporting walking and physical activity with #Walk4Me. [Find us on Twitter.](#)
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What We're Reading

A look at some of the articles circulating around our networks this month:

- [Nashville Active Transportation Advocates Get on Board with Transit-](#) our latest Case Study released just in time for our April webinar on ["Making the Case for Transit"](#)
 - [Rails-to-Trails Conservancy's Kevin Mills](#) outlines what the newly named BUILD Program means for trails and active transportation [in this blog post](#)
 - CDC's new guide [BE Active: Connecting Routes + Destinations](#) combines built environment and physical activity
 - [These report cards from Salud America](#) make the grade in our book for providing relevant information in a single place for counties across the US
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Quote of the month

"Humans are walkers, and we're really good at it." - A worthwhile reminder from [this Washington Post article](#).

Walking across America

Calling all photographers! We want to see images of walking in your community. Send us your photos capturing special events, everyday walking, and anything that reflects what walking means to your town for possible inclusion in a future newsletter or other publication. We'll give you credit and you'll help us make the case for making America a better place to walk. **Email your photos to Heidi Simon.** Images that include people are preferred. Be sure to include any captions or descriptions that should be included.

Our Sponsors

America Walks thanks 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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