

Support Walkable Communities

20 years strong AMERICA WALKS

October 2018

**"When you walk side by side with the other,
all things are possible."**

At the 2017 National Walking Summit, our friend, Tyler Norris, reminded us of the power and possibility walking holds. It's more than just something to do for your individual health, it can bridge divides, engage neighbors, and strengthen communities. Recent events across the US have reminded America Walks that, now more than ever, we need to be walking together. When people walk together, they discuss, explore, and get to know one another. We hope you take time this week to reach out to a friend or neighbor, invite them to walk, and build community.

How Can You Help Kids Get Moving and Build Connections?

Activate more walking and biking to school! With National Walk to School Day earlier this month, it was great to see so many communities hit the path with students young and old. The Community Preventative Services Task Force (CPSTF) released specific recommendations for how kids can increase active travel to school, including Safe Routes to School.



Read their tips for [how children can more easily meet their daily activity goals](#).

Accessible Communities for All Members

Be inspired to expand who's at the table [with this recap of our time in Alabama](#). In partnership with the National Center for Health, Physical Activity, Disability, we held a walkable workshop focused on finding ways to be more inclusive and engaging of people with disabilities. It is important that the work we do take into account the voices and opinions of all community members.

More Than Just Playing Around

Whether you're an educator or an active parent, here's your chance to make the most of recess by turning it into an opportunity to build skills for a stronger community.

What can you do during a thirty minute recess?

Find out how you can #ReimagineRecess with Healthier Generation to **incorporate valuable life lessons in empathy, conflict resolution, and relationship skills.**



Mark Those Calendars

- **Open Now:** Have a project that would champion walkability in your community? **Apply for one of our Community Change Grants** by November 2nd.
- November 9th: National Recreation and Parks Association wants to help you improve access to parks with **this grant opportunity.**
- **November 14th:** You can't improve what you don't measure. **Join our next free webinar, Where Do We Go Next? Mapping and Tracking in the Future,** as we take a deep dive into data and walkability.

Content We Loved This Month

- **Scooter companies, seeking to shape regulations, hire transit advocates / *Curbed***
- **Boy Shares His Crosswalk Concerns With Brandon City Council / *Keloland News***
- **How Driverless Cars Will Interact with a Human World / *Safe Routes to School***
- **Underneath This 'Pop-Up Forest' Is an Abandoned Highway / *Governing***
- **How bike advocate Katie Deoloz gets around Austin / *Curbed***

JOIN OUR NEXT TWITTER CHAT

#10MinuteWalk TWITTER CHAT

JOIN US!
Tuesday,
November 6th
3pm EST

@acefitness
@americawalks
@completestreets
@moveUSmore
@NADTCmobility
@NewUrbanism
@NRPA_news
@SafeRoutesNow
@SaludAmerica

Every Body **WALK!**

America Walks Thanks 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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STAY CONNECTED



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