

Walk Friendly:

Reducing Your Footprint by Using Your Feet



Walking is one of the easiest and most accessible ways to exercise. What's more, a brisk walk qualifies as moderate exercise, which is what leading health experts say all of us need, every day. Your daily walk can also contribute to the conservation of Earth's resources. By leaving your car in the driveway you'll reduce carbon emissions and pollution caused by vehicle exhaust. Walking also lowers your gas usage (which will make your wallet feel a little fatter). In fact, if every American walked just 30 minutes a day instead of driving short distances, 64 millions tons of carbon dioxide would never be released into the atmosphere.

Get Creative

Think about your daily routine. Where can your feet carry you?

- **Shopping:** Forgot the milk? Put on your walking shoes when you have to make a last-minute purchase. Obviously you can't walk to the store when you have a full shopping list of items to lug home. But for a quick trip to pick up a few things, use your legs instead of your car to complete 2 tasks at once: finish your shopping and get in your walk.
- **Banking:** When that Friday paycheck comes in, don't rush to the bank after work just to wait in a long line. Drop off your car at home and take a walk to your local branch. Check out your neighborhood and use the same thinking for the dry cleaners, post office, and other errands.
- **Taking the kids to school:** Consider walking with them instead of driving. It will let you avoid traffic and, even more important, give you and the kids a chance to spend quality time together while getting some exercise.



How walkable is your community? Find out at <http://walkscore.com>!

- **Heading out to lunch:** Use the weekend as an excuse to get your family or friends together for lunch. Mid-day meals tend to be more casual than dinners, which means you can dress in comfortable clothing that allows you to walk to the restaurant. If there's a theater nearby, you can top off your outing by walking to an afternoon movie.
- **Home shopping:** Looking to buy or rent a new home? Consider walking through neighborhoods to survey your options. This gives you time to see each house as you pass by and notice the nuances you might otherwise miss just driving through. You can stop and talk to residents and really get a feel for the overall community atmosphere.

If you walk every day, it won't take long for you to feel the positive health benefits. And though you may not be able to see the effect the environment as clearly, be as your walking routine is prevent-pollution, lowering carbon emissions, and reducing energy consumption every day.

