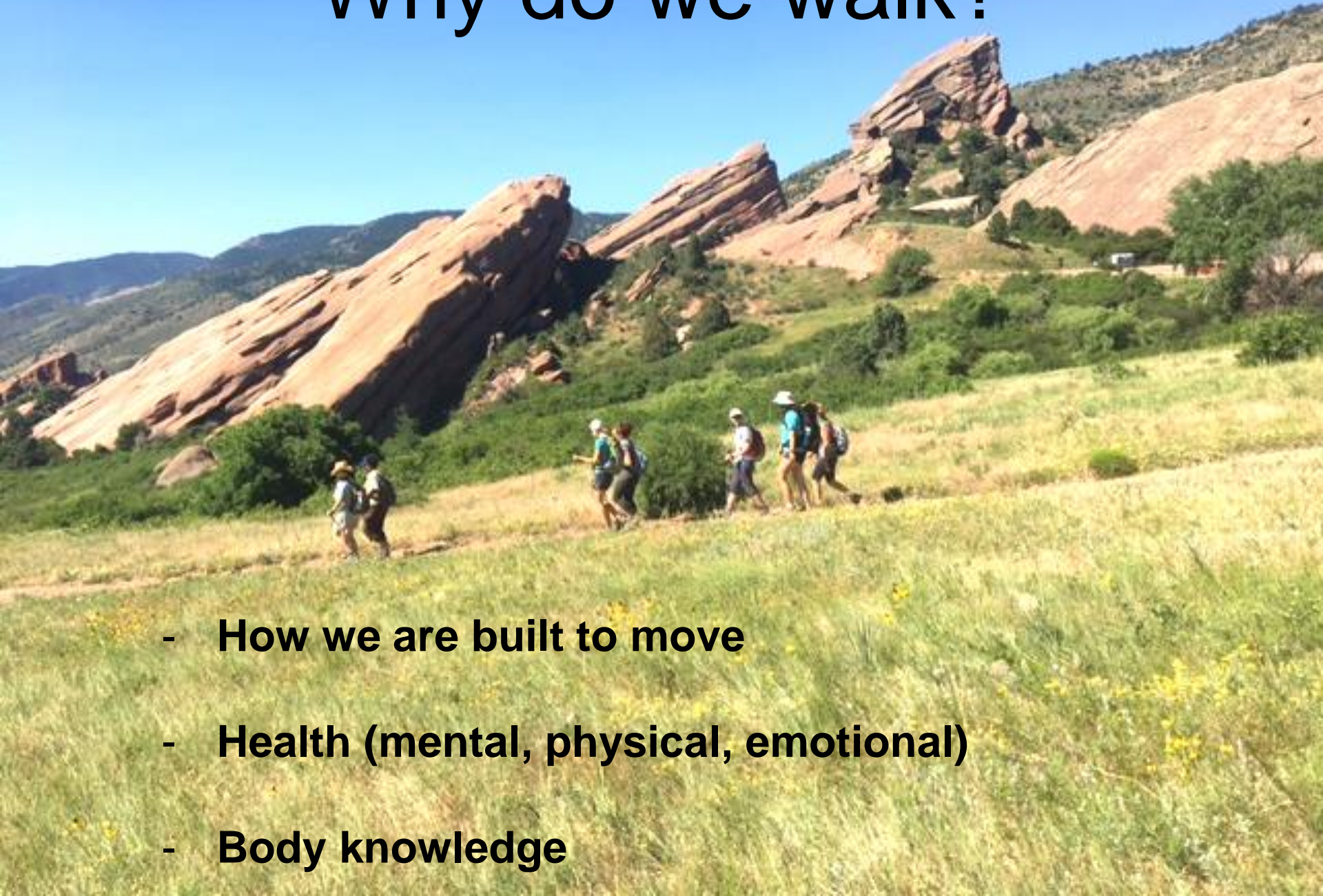


Why do we walk?



- **How we are built to move**
- **Health (mental, physical, emotional)**
- **Body knowledge**

THE CASE FOR WALKING



U.S. Surgeon General's Call to Action on Walking and Walkable Community Design (August 2015) Goal 1: **Make Walking a National Priority.**



**Saves
Money**



**Improves
Cardiovascular
Health**



**Improves
Mental
Health**



**Connects
Communities**



**Increases
Social
Interaction**

Healthy facts for walking



- Walking reduces the risk of cardiovascular events
- Reduces stress, anxiety fatigue
- Reduces risk of type 2 diabetes and good for digestion
- Improves cognitive function, memory, and reduces the risk of cognitive decline and dementia.
- Releases endorphins, dopamine and reduces risk of depression

walk2connect

#LIFEAT3MPH

www.walk2connect.com



Walk2Connect Cooperative

our worker-owned cooperative:



Why focus in connection?



- Body knowledge and learning
- Connect with our neighbors, co-workers, strangers
- Learn about our communities where we live, work and play on a deeper level
- Connecting with ourselves. To listen and be honest about what we need

How Walk2Connect Works

- Community
- Pedestrian safety and walkable community education
- Innovative Partnerships
 - Public Health
 - Transportation, Government

Community



HIGH LINE CANAL
CONSERVANCY

Summer Segment Series
f t i #71miles

walk2connect co.op

- 40-60 neighborhood and community walks each week
- Same time, same place
- Themed walks
- Long distance walks/hikes
- 394 trained walking movement leaders

Pedestrian Experience



- Lead walks with community leaders, city planners and decision makers
 - Experience challenges for those who have no choice but to walk/vulnerable populations
 - Lack of sidewalks, safe crosswalks, wheelchair access, practical destinations, amenities, behavior etc.

Innovative Partnerships

Community Engagement, Walking Leader Training,
Custom Walking Experience, Walking Culture

Public Health & Community Building

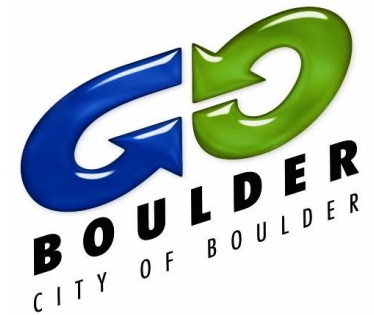
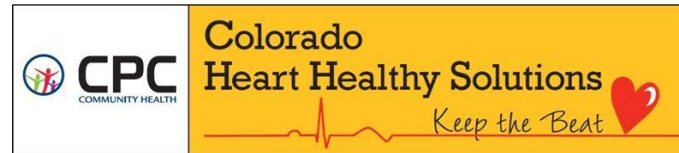
- Colorado Prevention Center
- Richland County Public Health, Ohio
- Rocky Mountain Farmer's Union
- High Line Canal Conservancy #71Miles!

Transportation & Government

- Northeast Transportation Connections, NE Denver
- America Walks & Maryland Health Department
- Go Boulder, City of Boulder

Workplace & Conferences

- National Walking Summit
- Colorado Society for Human Resource Management
- Center for Action & Contemplation, New Mexico
- Leprino Foods
- American Public Health Association





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