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 Cooperative
our worker-owned cooperative:

- Walking Movement Leaders
- Operations, Training, & Communications
- Partners, Champions, & Sponsors
- People Walking & Connecting with others, the places we live, and ourselves

Member-Owners & Professional Services
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

- 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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#Lifeat3MPH

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