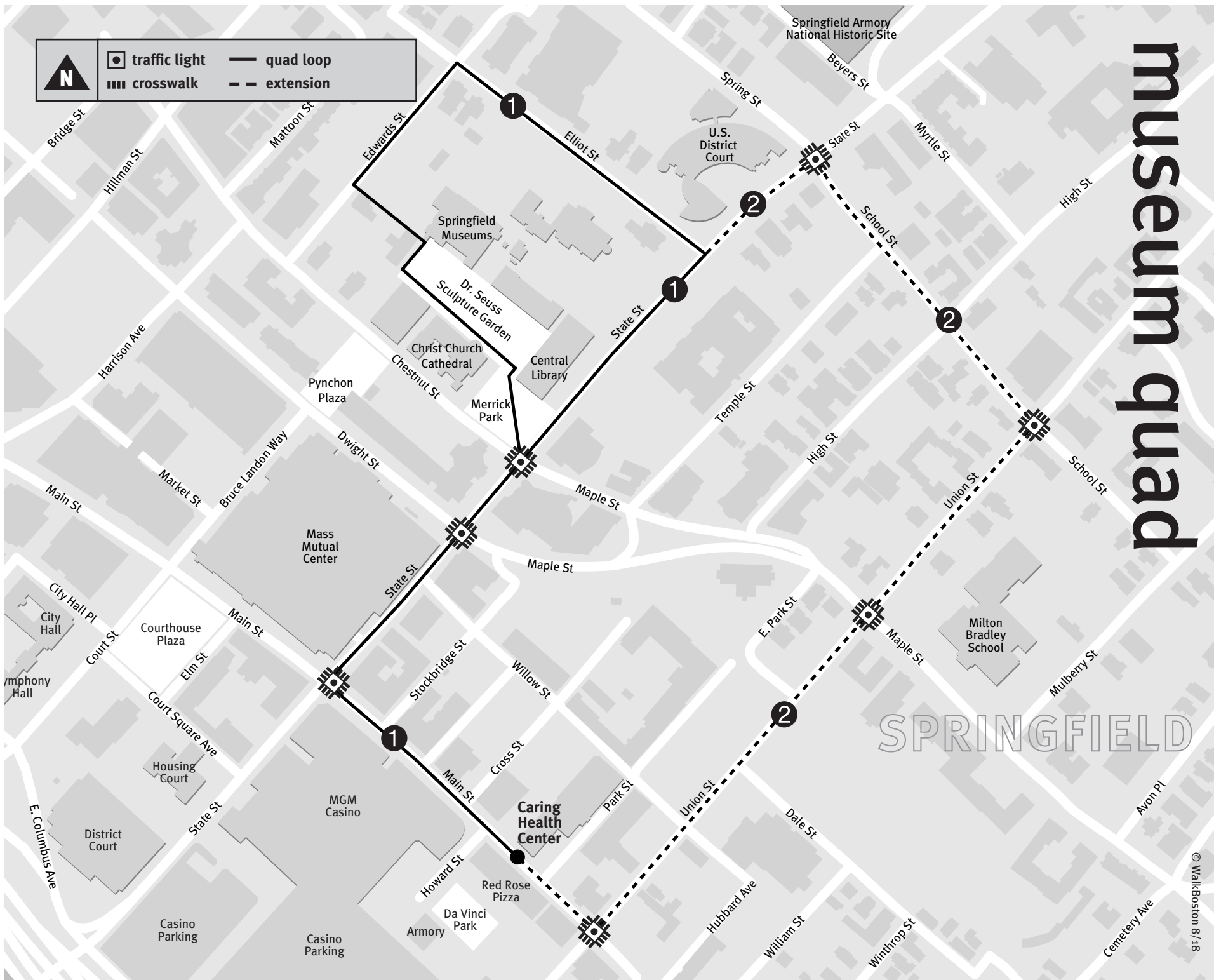


museum quad

	 traffic light	 quad loop
	crosswalk	 extension



Walk your way to health

The US Centers for Disease Control and Prevention recommends 150 minutes of moderate-intensity aerobic activity [e.g., brisk walking] every week for adults.

- Standing up and walking around for 2 minutes out of every hour can increase your lifespan by 33%, compared to those who do not. [*Clinical Journal of the American Society of Nephrology, 2015*]
- Physical activity maximizes kids' achievements and cognitive outcomes based on analysis of 59 studies. [*Research Quarterly for Exercise & Sport, 2011*]
- Moderate intensity walking was linked to a 12% reduction in first-time diabetes, and 7% reduction in risk of high blood pressure and high cholesterol. [*The American Heart Association, 2013*]
- Adults who increase their physical activity, either in intensity, duration, or frequency, can reduce the risk of developing colon cancer by 30% to 40% relative to those who are sedentary. [*National Cancer Institute/ National Institutes of Health, 2012*]
- Physical activity in men can result in a 20% risk reduction of lung cancer, regardless of the disease's stage or limits on physical activity. [*National Cancer Institute/ National Institutes of Health, 2012*]
- In men over age 60, daily walking for at least an hour, no matter how brisk the pace, reduced stroke by as much as one-third. [*American Heart Association, 2013*]
- Among the more than 72,000 women in the Nurses' Health Study, those who walked 3 or more hours/ week reduced their risk of a coronary event by 35% compared with women who did not walk. [*Harvard University, Brigham & Women's Hospital, ongoing*]
- In 12 weeks, older adults in a daily walking exercise group significantly improved memory and executive function (ability to focus attention, switch among various tasks, hold multiple items in working memory). [*Journal of the American Geriatrics Society, 2015*]

How to start

- It's easy and almost everyone can do it.
- It's fun to include family and friends.
- The more you walk the better it is for you.
- Walking is a safe, easy way to get fit and stay fit.
- Walk 10 to 15 minutes then build up slowly. Add 5 minutes to your walk each week. Keep building up until you can walk 30 minutes or longer 5 or more days a week.

Build a stronger community

- Get to know your neighborhood.
- Walk at lunchtime, or after dinner.
- Run your errands on foot. It supports local businesses.

Report things you see during a walk

You'll notice all sorts of things when you walk... cracked sidewalks, missed garbage pickups, streetlights that are out, etc. Report things to the City:

- Dial 311: for non-emergency city services
- Go to: citizen.springfieldma.intelligovsoftware.com
- Use the Springfield 311 app [android and iphones]

1 Museum Quad loop

20 minutes

Start at Caring Health Center on Main Street. Follow Main Street toward the Mass Mutual Center. Turn R onto State Street. Cross State Street into Merrick Park and the Museum Quad at the Chestnut/Maple Street intersection. Proceed through the Quad to Edwards Street. Turn R onto Elliot Street. At the US District Court Building, turn R and walk downhill on State Street. At Main Street, turn L to return to Caring Health Center.

What to look for:

- Mass Mutual Center
- Merrick Park: The Puritan statue
- Christ Church Cathedral
- Central Library
- Dr. Seuss Sculpture Garden: Horton Court, The Storyteller, and The Lorax
- Springfield Museums
- US District Court Building
- Cathedral of Saint Michael the Archangel

2 Extension

30 minutes

Turn L out of Caring Health Center onto Main Street, then turn L on Union Street. Cross Maple Street near the Milton Bradley Elementary School. Continue up Union Street. Turn L onto School Street. Cross State Street and turn L in front of the US District Court Building. Turn R onto Elliot Street. Turn L onto Edwards Street and enter the Museum Quad. Proceed through Merrick Park and cross State Street at the Chestnut/Maple Street. Continue on State Street to Main Street. Turn L on Main Street to return to Caring Health Center.

What to look for:

- Milton Bradley Elementary School
- US District Court Building
- Cathedral of Saint Michael the Archangel
- Springfield Museums
- Dr. Seuss Sculpture Garden: Horton Court, The Storyteller, and The Lorax
- Central Library
- Christ Church Cathedral
- Merrick Park: The Puritan statue
- Mass Mutual Center

WalkBoston

In Springfield, WalkBoston has conducted more than 10 Walk Audits in neighborhoods and at elementary schools across the city. Crosswalks were painted and sidewalks improved as a direct result of that work. We continue to support Springfield residents, advocates, and municipal staff as the city's Complete Streets Policy is implemented to ensure that the needs of walkers and cyclists are addressed.

WalkBoston works to make streets, sidewalks, paths, and intersections safe for walkers. There is still much to do, and every additional dollar helps get walkers' needs met. **Please donate today! walkboston.org.**



MAKING MASSACHUSETTS MORE WALKABLE

45 School Street | Boston MA 02108 | 617.367.9255 | www.walkboston.org