



Why Walk?

Walking is great for you, our community and the environment.

Benefits to you!

- Walking is one of the healthiest things you can do to:
 - Reduce the risk of cardiovascular disease, strokes, certain types of cancer and Type 2 diabetes.
 - Build muscle and increase bone strength and fitness levels.
 - Maintain a healthy weight or promote weight loss.
 - Helps with mental health, too! It helps reduce symptoms of anxiety and depression.
- For substantial health benefits, adults need 150 minutes of moderate exercise per week or 75 minutes of vigorous intensive exercise per week or a combination of the two. Walking is a great way to get moderate exercise.
- It's Free! Replace some of your trips by car with walking trips and put money back into your pocket. About 40% of all trips Americans make are less than two miles in length, about a 30-minute walk. Estimates of the true cost of driving run between .51 cents and \$1.36 per mile, depending on how many factors are considered. Start walking more and your savings will add up fast.
- For more information visit the [Get Healthy Washoe website](#).

Benefits for the community and the environment

- Reduces traffic congestion and wear and tear on our roads.
 - Drivers lose approximately 40 hours per commuter each year stuck in traffic jams.
 - Road maintenance costs run between \$25,000 to \$500,000 per mile depending on the facility and how much work is required.
- Walking improves air quality.
 - Every mile walked keeps about 1 lb of carbon dioxide, a major cause of global warming out of the air.
 - It takes 240 trees to offset the carbon monoxide emitted by an average American car each year.

Walk Buddies

Walking doesn't require a partner, but having someone to walk with can make it more fun and keep you motivated to walk on a regular basis. It can also increase the safety. Evidence suggests that as the number of people who walk increases, the streets become



zero Fatalities®
Drive Safe Nevada

safer for pedestrians. Just be sure to pay attention to the Street Smart guidelines and not get too distracted by your companions.

The [RTC SMART TRIPS](#) program includes a web-based [trip-matching program](#) that uses advanced technology to make finding walking buddies easy, convenient and accurate. Enter your traveling preferences and receive the best potential matches back in a matter of seconds.

You can create and save multiple trip profiles for both recurring and one-time trips and special events, and you can select different travel mode preferences for each trip which will be used to filter your matches. So you can choose to walk, bike, drive, carpool or take the bus and it will help finding a partner.

The website contains a Commute Calendar. Record the trips you make by any alternate mode and see a running total of the dollars you are saving and the pollutants you're reducing by making smart travel choices. No need to do the math. We'll do it for you.

The improvements to the trip-matching program were made possible through the grant from the Nevada Department of Public Safety Office of Traffic Safety as part of the Street Smart project.

Now get going and be Street Smart.

For additional tips and other useful information go to www.StreetSmartNV.com.