

# People & Places @ 2-3MPH

August 30, 2016 | Reflect, Renew, Revive | Orlando, FL

@jonathonstalls @walk2connect #lifeat3mph

Peace

Joy

Trust

Strength

Courage

Connection

Humility

Nature

Too Isolated  
Too Disconnected  
Too Safe  
Too Stressed  
Too Afraid  
Too Fast  
Too Divided  
Too Many Interiors



# Kiva Walk Across the USA



3,030 miles | 14 states

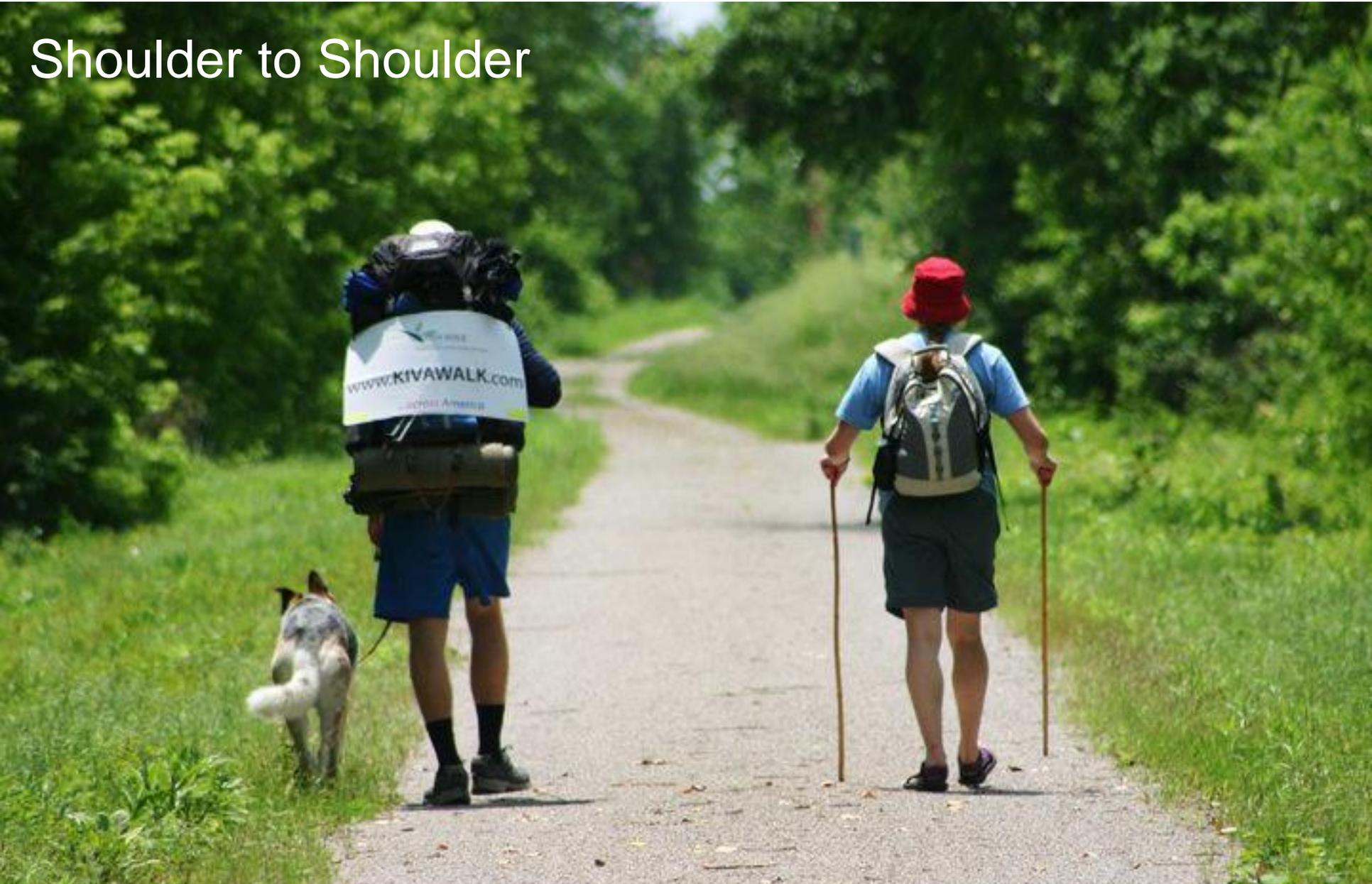
@jonathonstalls @walk2connect #lifeat3mph

What I learned.



Nature & My Country

# Shoulder to Shoulder



@jonathonstalls @walk2connect #lifeat3mph



Inward Journey



Hospitality & Trust



Spontaneous



242 Days



@jonathonstalls @walk2connect #lifeat3mph

**What now?**

# Crisis & Opportunity

Personal, social, communal health | Built Environment





# walk2connect co-op

Creating whole-health outcomes through connection-focused walking programs.



## **Whole-health:**

- Mental
- Emotional
- Communal
- Spiritual
- Environmental
- Physical

**Connection with...**



walk2connect co.op

...people



...with colleagues

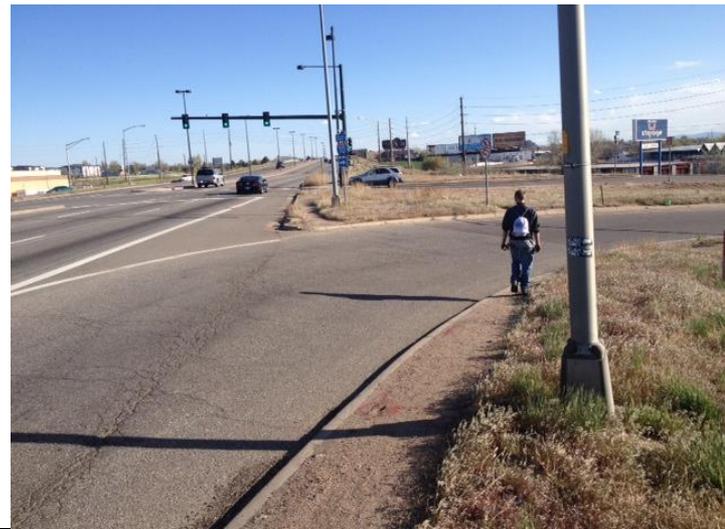
[@jonathonstalls](#) [@walk2connect](#) [#lifeat3mph](#)



...those we love

[@jonathonstalls](#) [@walk2connect](#) [#lifeat3mph](#)

...the places we live





...the wonder and awe

coloradoramblers   
personal, social, and communal wellness  
@walk2connect #lifeat3MPH



boulderramblers 



goldenwalks   
community walks, hikes, and rambles in and near Golden



cosramblers 



arvada **walkabouts**   
community walks, hikes, and rambles in Arvada  
@walk2connect #lifeat3mph



yampavalley **solemates**   
free social walks, hikes, and rambles in Yampa Valley, Colorado



justwalkrichland 



caminosdelvalle   
whole-health community walks in and near Alamosa, CO

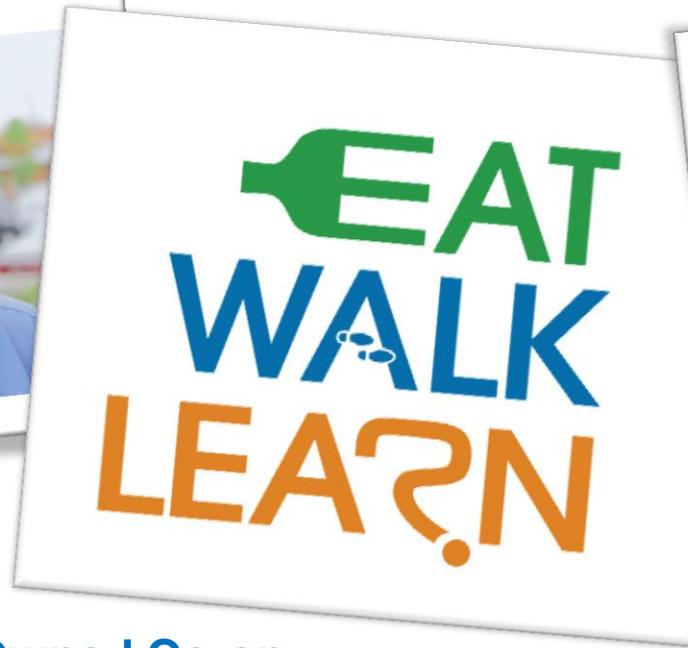


# The Movement

- Over 4,000 people engaged
- 50 + walks/week
- Front Range, NW Colorado, SW Colorado, Ohio
- 487 walks in 2014
- 877 walks in 2015

# Walking Movement Leaders:

Our stories, our skills & interests, our role



- **Leader Driven, Worker-Owned Co-op:**  
Encourage development of unique skills and interests.
  - Neighborhood/local
  - Skills/topics
  - Vision/dreams
- **Train & Develop Leaders** around whole-health walking trip model with their own interests at the core







[@jonathonstalls](#) [@walk2connect](#) [#lifeat3mph](#)





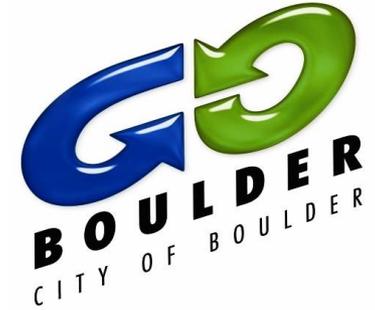






Inclusiveness, Ability, Equity

# Life@3MPH Partnership



# BOULDER WALKS



- **Community Walking Program Director**
- **City of Boulder's Transportation Master Plan** (Encouragement, Education, Enforcement, Engineering, Evaluation)
- **Weekly Walking Events**  
(Seniors, Youth, Planning, Safety, Transit-Connections, Community-building, Park to Park Connections)



[www.boulderwalks.org](http://www.boulderwalks.org)

**caminosdelvalle**   
whole-health community walks in and near Alamosa, CO



- **Alamosa, Colorado:** Partnership with Local Parks, City Government, and Local Non-Profits
- **23 Trained Whole-Health Walking Movement Leaders**
- **First community walks already on the calendar!**



# Block Parties and Neighborhood Maps



- Walking Festivals
- Walking Maps with specific guidelines on what side of the street to walk, caution around intersections, public amenities etc.

**Connect with Us**

Share your walking photos and stories on Facebook, Instagram and Twitter by mentioning @DenverHousing, @DHAwalks and #DHAwalks using the following hashtags: #DHAwalks and #WalkConnect

Denver Housing Authority at: [arch@denverhousing.org](mailto:arch@denverhousing.org)

Handa  
Brennan with  
Denver Housing Authority

**Mission**

To serve the residents of these communities that promotes thriving housing in a manner that is safe, decent and affordable. Denver by developing, owning, and operating communities.

**DHA WALKS**

Walsh  
Neighborhood

**BENEFITS OF WALKING**

1. Improves blood sugar
2. Strengthens your heart and keeps your brain younger
3. Strengthens your bones
4. Can reduce depression and increase happiness
5. Reduces the risk of cancer
6. Helps you lose weight
7. Walking improves numerous health conditions including: Parkinsons, Alzheimers, Heart Disease, Stroke, Impotence, breathing, posture, and more!

**FOR MORE INFORMATION SEE:**  
MedicineNet.com  
PsychCentral.com  
AARP.org

**Always have these phone numbers with you:**

- Friend or Family Member's Phone Number
- Taxi Service
- My Stop Service with RTD (303) 299-6000
- Dial 3-1-1 for Denver Information & City Services

**DHA SPECIFIC NUMBERS**

- Denver Non-Emergency Police (720) 913-2000
- CAT (Criminal Activity Tracker) Line (720) 932-3140

**BE SMART:**

- Invite a neighbor to join you
- Know the closest routes for buses, light rail, etc
- Travel light - don't carry too much
- Bring this map with you
- Don't text while walking
- Don't use phones and headphones near intersections
- Check weather reports before heading out

**BE ALERT:**

- Make eye contact with drivers - sometimes they don't stop
- Always look before you cross - don't depend on traffic lights
- Pay attention! Listen for engine noise and back up lights when near parking spaces

**BE SEEN:**

- Wear bright and reflective colors. At night, wear light colors so you can be seen
- Stay clear of buses, hedges, parked cars, or anything that blocks you from the view of drivers
- Be safe! Don't try to go around moving cars
- Always walk ON the sidewalk - if there is no sidewalk, walk facing traffic so you can be seen

Denver Housing Authority, the High Connect, and WalkConnect LLC make no representation nor warranty as to the accuracy of this map. It is intended to serve as a general guide only.

**WALSH WALKS**

**Walsh Neighborhood**

**SCALE:** 15 min. at Fitness Pace, 25 min. at Gentle Pace

**Recommended Walking Routes (with estimated round trip time)**

- A** Grocery & Library Loop (15 to 30 minutes)
- B** Library & Park Loop (45 to 60 minutes)
- C** Huston Lake Loop (20 to 25 minutes around lake)
- D** Sanderson Gulch Loop (35 to 45 minutes)

**Legend:**

- Recreational Trail
- RTD Bus/Transit Route
- Park
- Shopping/Dining District
- School
- Point of Interest

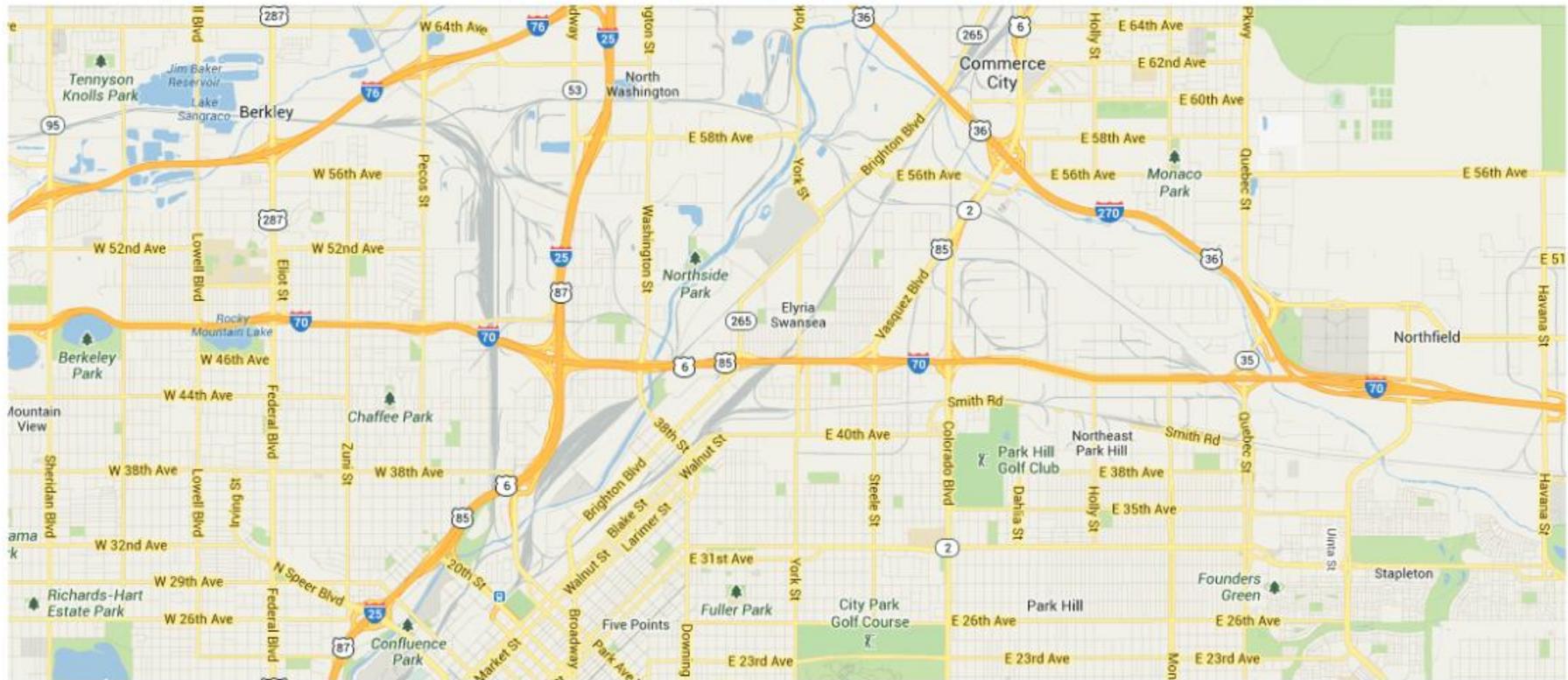
# Walking Meetings & Decision Makers



- Host **Walking Meetings** to connect with benefits, parks, and health.
- Take **Family & Friends** to areas with good shade and pedestrian amenities to catch up, connect, process, and resolve conflict.
- Take **Decision Makers, Community Leaders, Public Officials** on specific walk routes to educate, inform, and build trust.

# walk2connect ZONE 2 DENVER / COMMERCE CITY

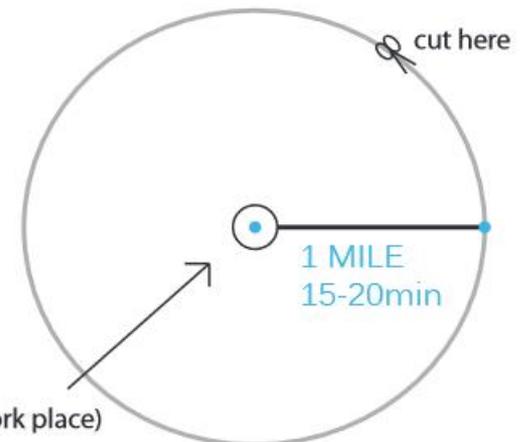
YOUR UNIQUE WALKING ZONE / TRY YOUR BEST TO NOT DRIVE ANYWHERE INSIDE THIS 1MILE CIRCLE!



DRAW A 1MILE RADIUS AROUND YOUR HOME OR WORKPLACE /  
SEE MEASUREMENT & CUT OUT CIRCLE BELOW  
IT TAKES (ROUGHLY) 15-20 MINUTES TO WALK 1 MILE /  
REPLACE PRACTICAL SHORT TRIPS WITH WALKING

## **SAFETY TIPS**

- WEAR SOMETHING BRIGHT SO YOU CAN BE SEEN
- WALK AGAINST TRAFFIC IF THERE'S NO SIDEWALK
- WALK THE ROUTE WITH A FRIEND FOR THE FIRST TIME
- WEAR COMFORTABLE SHOES
- BRING WATER / WEAR SUNGLASSES & SUNSCREEN



make small hole (home or work place)



1-800-800-8000

Fusion Restaurant & Bar

WALK IN MEDICAL CARE

WALK IN MEDICAL CARE

WALK IN MEDICAL CARE

SHOP









40  
M

Yield





## Take walking meetings.

**Bookend** your meetings and destinations with 15-20 minutes of walking.

**Consider developing whole-health walking leaders** to steward community and health connections to and through your parks and recreation facilities.

**Practical destinations:** Become an individual or organizational steward of the walking experience for all users. From residential or commercial areas to stores, to parks, and transit.

**Commit to walk, stroll, or roll with loved ones.** Remember, try to always walk on the opposite side of the street when there is no sidewalk.

**You:** Take a 2 hour walk in one direction. Get picked up or loop back.



*...let's bring more peace, joy, trust, courage, strength, connection, humility  
and nature into our bodies, families, and communities.*

Connect!

@jonathonstalls

@walk2connect #lifeat3mph

jonathon@walk2connect.com

