

People & Places @ 2-3MPH

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

@jonathonstalls @walk2connect #lifeat3mph

Peace

Joy

Trust

Strength

Courage

Connection

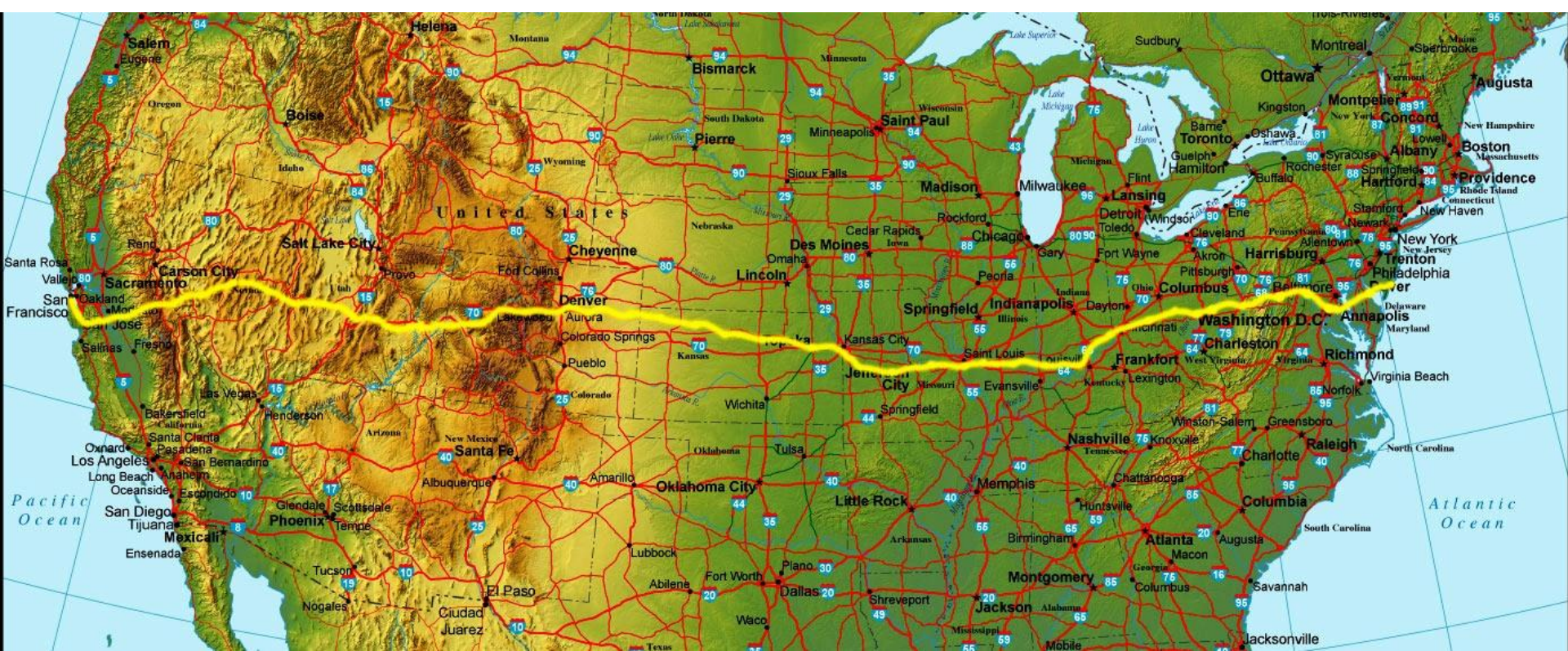
Humility

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

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What I learned.



Nature & My Country

Shoulder to Shoulder



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Inward Journey



Hospitality & Trust



Spontaneous



242 Days



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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...



...people



...with colleagues

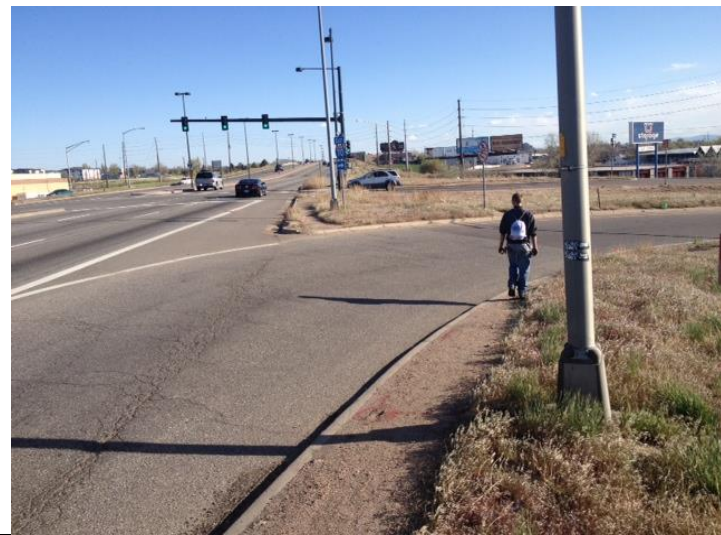
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...those we love

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

...the places we live





...the wonder and awe

coloradoramblers 
personal, social, and communal wellness
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boulderramblers 

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

cosramblers 

arvada walkabouts 
community walks, hikes, and rambles in Arvada
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yampavalleysolemates 
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







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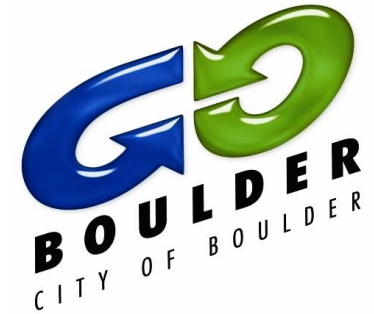






Inclusiveness, Ability, Equity

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

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 @DenverHAWALKS and #DHAWALKS using the following hashtags. @DenverHAWALKS and #DHAWALKS are also available on the map. Have feedback? Contact Amanda at: amanda@denverhousing.org

Mission

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

DHA WALKS

Denver Housing Authority

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: Parkinson's, 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, Walk Connect, and WalkConnect LLC make no representation nor warranty as to the accuracy of this map. It is intended to be used as a guide only.

Waish 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** Hutton Lake Loop (20 to 25 minutes around lake)
- D** Sanderson Gulch Loop (35 to 45 minutes)

Legend:

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

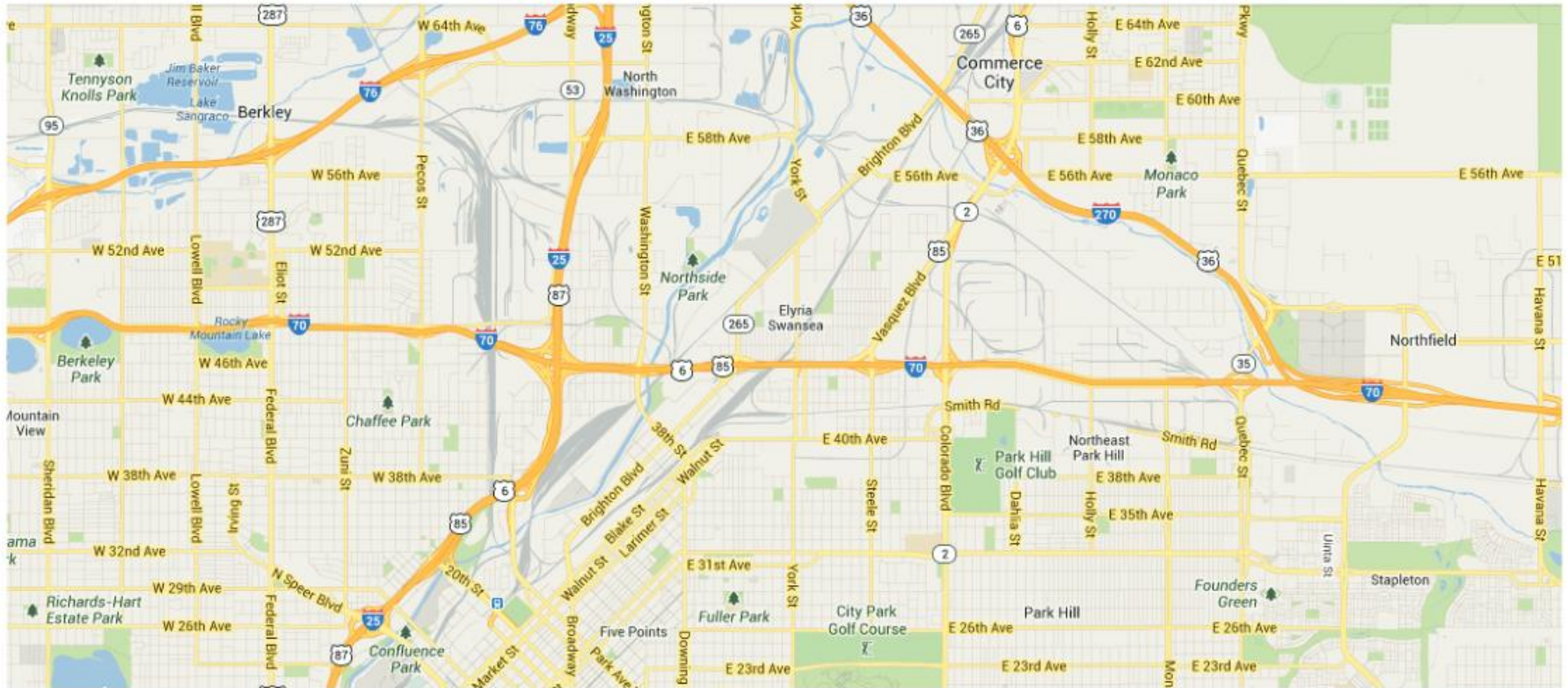
Walking Meetings & Decision Makers



- 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

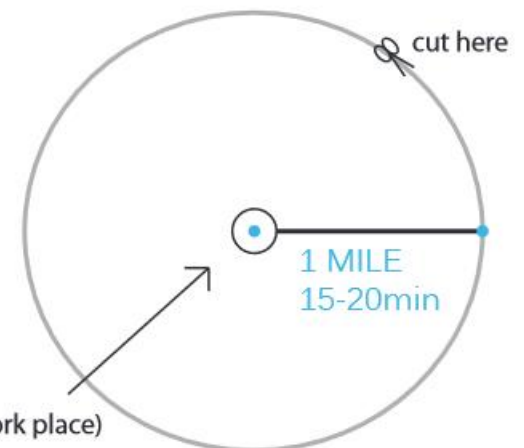
YOUR UNIQUE WALKING ZONE / TRY YOUR BEST TO NOT DRIVE ANYWHERE INSIDE THIS 1MILE CIRCLE!



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)













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

