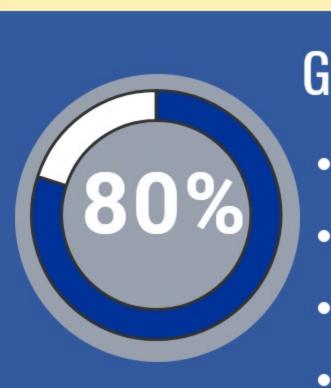
CityWalk walkability factsheet

BENEFITS OF WALKABILITY



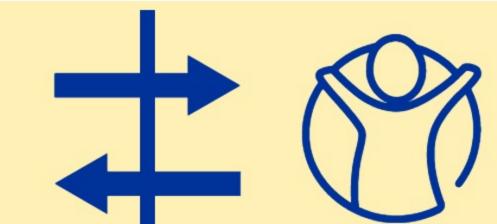


GREATER LEVELS

- **knowing neighbours**
- sociability
- trust
- political participation



Social consequence



Health



reduced obesity

WALKING IS HEALTHY

- exercise without even noticing
- contributes to stronger bones
- reduces the risk of injuries from falls
- increases muscle flexibility
- joint movement
- reduces the risk of various diseases



positive effects on a social cohesion

more frequent social interactions

promotion of inclusiveness and equality

cities attract talented new residents and tourists

sustainable urban mobility



increased life expectancy

positive effects on mental health and happiness

reduced risk of various illnesses

protection of soil /more vegetation

less congestion and greenhouse gas emission



strengthening of local economy

cost saving on a municipal level

cost saving on a household level

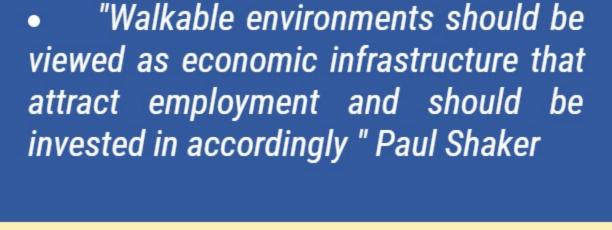
decreased need for space and materials

better air quality



Environment

- single tree can offset approximately 2500 km. driving annually
- Trough walking or cycling to work or to school one could save our city from at least 17 kg. of emissions per person per year





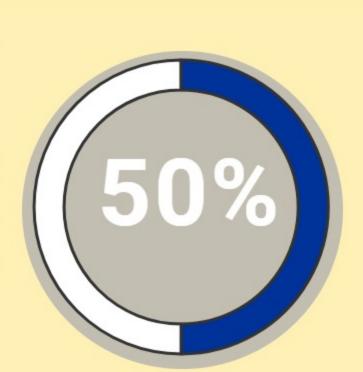


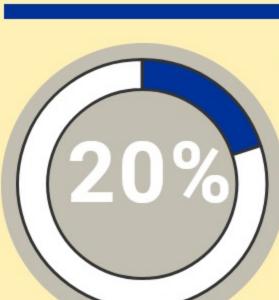
JUST FACTS



an interesting IRISH study has shown that residents of a street with 2,000 vehicles per day traffic have three times as many friends as those living in a street with traffic of 16, 000 vehicles per day

- WALKING reduces the risk of allcause mortality by up to 20%
- Depend on body weight walking at an average speed burns approximately 4 calories per minute-translating into more than 100 calories during 30 min. Walk





- In the US, people spend more than USD 8,000 on their cars every year. LESS than 20 % of this money (spent on licences, insurance, repairs and maintenance) remains in the local economy.
- In fact, analysis prepared by Transport for London shows, that pedestrians usually spend 70% more than drivers.



In England as much as 18% of all trips made in 2013 were less than one mile in length- so each of those drives could be easily replaced with a pleasant 20 minute WALK

