



## Mission & Goals

### Promote walking and improve “walkability”

Encourage people to walk more and to be aware of the importance of walking

Gain a place at the table wherever issues are discussed that affect pedestrians

Influence government agencies and others to improve the walking environment through legislation, regulation, funding, and outreach

We hope you're inspired to go for a walk!

There are many ways you can get involved...

Attend a meeting, volunteer, or donate

To contact us...

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

[www.facebook.com/FeetFirstPhilly](https://www.facebook.com/FeetFirstPhilly)

email: [feetfirstphilly@cleanair.org](mailto:feetfirstphilly@cleanair.org)

### Feet First Philly at the Clean Air Council

135 S. 19<sup>th</sup> Street  
Philadelphia, PA 19103  
[www.feetfirstphilly.org](http://www.feetfirstphilly.org)

## Feet First Philly

Advocating for Pedestrians in Philadelphia



# What is walkability?

Walkability is a measure of how friendly and accessible an area is to walking. There are many factors that affect walkability. The presence and condition of sidewalks; intersection safety; traffic conditions; land use; and the aesthetics of the streetscape are just a few examples.

One important way that walkability can be assessed is through Walk Audits. These are completed during a walk, and evaluate the type of factors listed above. Once the Walk Audit is completed, a score is given to assess whether improvements are needed to increase walkability in the area.



## Why is walking important?

There are many wonderful benefits to walking, including health, environmental, and economic.

### *Health*

- Maintain/reduce weight
- Reduce chronic disease rates, such as coronary heart disease, type 2 diabetes, osteoporosis, and types of cancer
- Improve blood pressure & blood sugar levels
- Enhance mental wellbeing, and social connectedness

The Centers for Disease Control and Prevention (CDCP) recommend 150 minutes of moderate intensity exercise each week. Walking is an easy and effective way to reach this goal.

### *Environmental*

- Decrease reliance on automobiles, reduce carbon emissions and idling in traffic

### *Economic*

- Reduce healthcare costs
- Walkable, transit-oriented neighborhoods require less parking, making housing more affordable
- Walkability contributes to higher property values
- Save money on gas, parking, car maintenance, bus/train/taxi fares
- It's FREE

There are many benefits to walking, and Feet First Philly hope to make it as easy as possible for people to participate!

*"Walking is man's best medicine"*

-Hippocrates

