

Living Streets Aotearoa



www.livingstreets.org.nz

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Concerned at the growing inactivity of Americans the USA Surgeon General identified walking – to school, to work and at work, or to the bus and train - as a simple way to get more active. Better infrastructure will also make walking safer and more convenient.

Living Streets Aotearoa welcomes the Surgeon-General's 2015 Call to Action today – Step it Up, urges all Americans to get involved in making America a great place to walk. It offers strategies for increasing walking and walkable communities for people of all ages and abilities.

Walking is currently the most commonly reported form of physical activity among U.S. adults. Walking is a simple form of physical activity that can be done almost anywhere. Encouraging Americans to add walking to their daily routine has enormous long term health benefits and can help reach individual physical activity goals

New Zealand also has increasing inactivity levels both amongst adults and children. Walking rates continue to decline.

President of Living Streets Aotearoa, Andy Smith says, "There is a lot we can do in New Zealand to improve the walking experience and encourage more people out on foot (or to be out in wheelchairs). Getting children walking to school is critical for the future. Good walk connections with public transport make the best use of our limited resources both in terms of dollars and public space."

It's time for the Government to take strides to improve the first mode of transport. It's an easy and cheap way of getting healthy and a good way to get around.

Living Streets Aotearoa supports an integrated approach to transport that addresses the needs of all road users, not just vehicle users.

Contact

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About Living Streets

Living Streets Aotearoa is New Zealand's national walking and pedestrian organisation, providing a positive voice for people on foot and working to promote walking friendly planning and development around the country. Our vision is "More people choosing to walk more often and enjoying public places".

The objectives of Living Streets Aotearoa are:

- ┌ to promote walking as a healthy, environmentally-friendly and universal means of transport and recreation
- ┌ to promote the social and economic benefits of pedestrian-friendly communities
- ┌ to work for improved access and conditions for walkers, pedestrians and runners including walking surfaces, traffic flows, speed and safety
- ┌ to advocate for greater representation of pedestrian concerns in national, regional and urban land use and transport planning.

For more information, please see: www.livingstreets.org.nz