

# Living Streets Aotearoa e-bulletin

May 2015

Thank you for reading through our list of walking related news. Walking is becoming more obvious as a choice to keep us fit and healthy. The growth of smart phone and watch fitness applications is helping increase the awareness of the 10,000 steps a day we need to achieve and lead a balanced life.

Living Streets exec members will be meeting with government Ministers, MPs and CEOs of organisations next month in Wellington. If you feel you can encourage walking to help the nation please contact us so we can swap ideas.

Why sitting is bad for you, [a video](#)

Study links [car commute with weigh gain](#)

Living Streets [Footpaths are for People flyers upset a few car parkers](#)

Some research from Sydney and Melbourne [highlights the economic benefits of walking](#)

New York protect pedestrians [by looking at their desire lines](#)

Injured Kenyan [pedestrians threatened with prison](#)

Call for wider [footpaths near Karori West school](#)

Living near a [park leads to a better life - study](#)

Walking great exercise [but be wary on streets](#)

Make walking special and [create a red carpet walk](#)

Tackle obesity by making it [easier for people to exercise or be active](#).

Lawyer [walks 70km a week going to work](#)

A map showing [Road Deaths around the world](#)

Cyclist charged with [hitting a pedestrian on the footpath](#)

Spaniards face sanctions [if found to be drunk in charge of a pair of legs](#)