



MOVE MORE NORTH CAROLINA:

*A Guide To
Creating Walking Maps*



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Regular physical activity makes important contributions to our health and sense of well-being. It also helps us maintain a healthy body weight. The advantages of being physically active are well documented. Most Americans, however, do not get adequate physical activity. One common barrier to physical activity is lack of a safe, convenient, inexpensive place to be physically active.

Tips for Creating Walking Maps

Identify a safe and accessible place for people to walk. This could be in a parking lot, around a building, or in a neighborhood. Evaluate the safety and accessibility of a potential walking route by using a walkability checklist. Checklists can be found on the Eat Smart, Move More...North Carolina Web site, www.EatSmartMoveMoreNC.com.

Consider including destination points on the route. These are places of interest that people would like to visit. Destination points can be businesses in a downtown area, banks, the post office, local

restaurants, historic landmarks, parks or other places of interest in your community.



Measure the distance of the route. There are different ways to measure a route:

- Use a measuring wheel—A measuring wheel is a device that is rolled along the ground with the distance traveled displayed on a dial. Generally, the parks and recreation department, police department or high school athletic department will have a measuring wheel.
- Work with your city or county Geographic Information Systems (GIS) department to map the route and determine the distance.
- Go to Google Map Pedometers to determine the distance. (www.webwalking.com/googlemap.htm).

Mark the distance on the selected route. In most cases, you will need to get permission to mark mileage on the route.

Where you decide to mark the distance will depend on the location of your route. In a parking lot, for example, paint mile-marks on the lot surface. In an office building, faith-based organization or school, post mile-marks on the walls or along the floor.



www.EatSmartMoveMoreNC.com

Walking Maps

Promote safe walking routes in and around communities, schools, worksites and faith-based organizations to encourage people to move more every day. Create routes in areas such as parking lots, neighborhoods, and around the outside or inside of large buildings. Safety and accessibility are key aspects to consider when identifying a route. Other elements such as marked distances, varying lengths and destination points can also be included.

A map, directions for the route, and promotional activities can increase awareness and use of the route. Use this guide to create a walking map for your community, school, work-site or faith-based organization.



Create a map of the route. A map may be in the form of written directions or an actual picture map of the route. Your city or county GIS department should be able to work with you to create a map of your routes. There may be a fee for the GIS department to create the map. If there is already an existing map of your facility, see if it can be adapted to include the walking routes. To see examples of different walking maps in North Carolina, go to the www.EatSmartMoveMoreNC.com Web site.

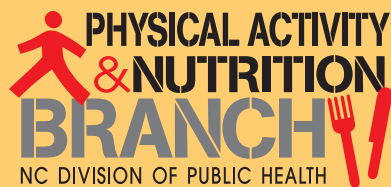
Post the maps in visible places such as bulletin boards, main entrances or Web sites to encourage use of the route. Share maps with nearby businesses or places of interest, and ask them to post and/or distribute the map.

Host a kick-off event to promote awareness of routes, distribute maps and generate excitement about walking. Promote regular walking by forming walking groups and scheduling regular weekly walks along the route.

Encourage walkers to track their time and/or distance walked by using a walking or activity log, such as the one found on the www.EatSmartMoveMoreNC.com Web site.



Photo above and scenic photos on cover:
www.pedbikeimages.org/Dan Burden



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