

Lex On The Move | Walk

The Lexington Area Metro Planning Organization (MPO) is conducting a citywide initiative to encourage companies and employees to step up and find healthier, greener ways to work in October.

Our company has stepped up to participate in the challenge.

The number 1 recommended physical activity is walking!

Walking helps to improve mental health and boost energy. Starting and ending a day with outside activity can boost your mood, decrease anxiety and depression. Avoiding the drive while adding movement reduces overall stress and improves productivity. Even a walk to the bus stop has a more positive effect on the mind than a solo drive fighting traffic.

GOOD NEWS! On average 30% of all trips we make are for a distance of two miles or less—a distance that is easily covered by a 30-minute walk.

Lexington is on the move indeed! 35% of people who live in our downtown core already walk to work most every day.

Even if you live too far away to be able to walk to work, we encourage you to find other opportunities to walk including: walking your kids to school, walking to local work meetings or to a local restaurant on your lunch break. Any trip in the month of October you would have taken by car can count – so keep track and report in at the end of the month.

Ten Benefits of Walking to Work

1. Improved fitness.
2. A boost for your mood! Enhance wellbeing.
3. Increased productivity.
4. Fewer health problems. Active commutes have proven to reduce the chances of developing diabetes, high blood pressure, high cholesterol and coronary heart disease.
5. Lower anxiety and depression.
6. More time for yourself. Incorporating exercise into your commute to work might mean you can skip a trip to the gym.
7. Save money on gas, parking and wear on the car.
8. An excellent time to organize your mind and gather your thoughts.
9. Environmental benefits. You are reducing traffic congestion and pollution. Air pollution is linked to millions of premature deaths every year. 75% of air pollution in our cities is caused by motor vehicle fuel combustion.
10. Increase blood flow, release endorphins and reduce overall stress.



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