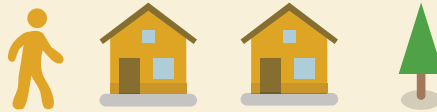
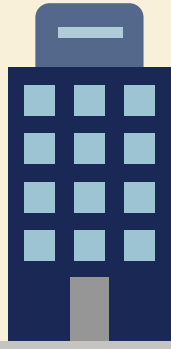


Building a More Livable Fort Worth THROUGH COMPLETE STREETS

In communities across the country, a movement is growing to “complete” the streets. Public streets are just that – for the public, which means streets for all users, abilities, and ages, not just automobiles. Blue Zones Project®, in collaboration with city staff, developers, and community leaders, is championing policies that will make Fort Worth a more walkable, livable community for all.

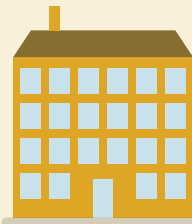
A HEALTHIER CITY

Just **25 minutes** a day of brisk walking can add up to **7 years** to your life.¹



A 30-minute walk can burn **100 CALORIES**²

For every **12 BLOCKS** walked, your risk of obesity drops **4.8%** and can reduce your risk of diseases such as type 2 diabetes, heart disease, and colon cancer.³



A 2016 Surgeon General report cites that “physical activity is one of the most important actions people can take to improve their overall health.”⁹

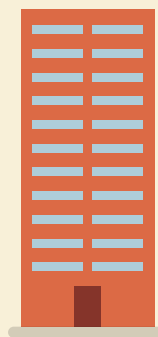
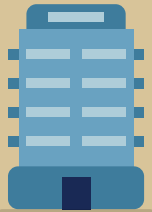
REDUCED CRIME

Encouraging more people to walk creates **“EYES ON THE STREET,”** making streets feel safer and potentially providing a natural deterrent to crime.⁶



BETTER MENTAL HEALTH

People who walk **8.6 min** a day are **33% more** likely to report better mental health.⁴ Additionally, people who shift from a long commute to a walk increase their happiness as much as if they'd fallen in **love...**⁵



STRONGER ECONOMY



Biking and walking provide an estimated return on investment of **\$11.80** for every **\$1** invested.⁷ What's more, pedestrianizing a street can increase property values by **\$82 A SQUARE FOOT**⁸



BLUE ZONES PROJECT IS HELPING MAKE MOVING NATURALLY THE *easy AND healthy choice.*

We are walking more as a nation – for fun, health and to access daily goods and needs. At least 80% of Americans now want walkable neighborhoods. However, we are still dealing with a legacy of roadways that fail to account for the safety and accessibility of people on foot or bicycle, and people of all ages and abilities. Aging population, growing traffic problems, increasing health and environmental concerns, and changing consumer preferences are all increasing demand for walking, bicycling, and transit.

Along with the City of Fort Worth, Blue Zones Project aims to help build a more active and healthy living environment by creating roads that are better connected, streets that are designed for all ages and abilities, and a safe environment no matter your choice of transportation.

HOW ARE WE DOING THIS?

Blue Zones Project serves as a resource for the City of Fort Worth to educate community stakeholders about practices that improve livability. Livability calls for combining transportation with land use. People will walk when we design places and streets that make walking a natural activity again. By providing best practices and research from other communities, Blue Zones Project aims to spur change so that our city takes steps toward a walkable, livable, healthier, happier, and more complete community.

SOURCES:

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- 4 – Making the case for investment in the walking environment: A review of the evidence, by Danielle Sinnett, Katie Williams, Kiron Chatterjee and Nick Cavill. 2011. UWE. Available from: <http://eprints.uwe.ac.uk/15502/>
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