

- Almost 30% of all personal trips are 1 mile or less – an easy distance to cover by walking or biking. 40% are 2 miles or less. NATIONAL HOUSEHOLD TRAVEL SURVEY, 2009
- 71% of Americans say they would like to bicycle more. AMERICA BIKES, 2008
- Walking or bicycling to work is associated with lower weight and less weight gain. ACTIVE LIVING RESEARCH, 2008
- From 2000 to 2007, the number of commuters who bike to work increased by 42%. ALLIANCE FOR BIKING AND WALKING
- While bicycling and walking levels fell 67% between 1960 and 2000, obesity levels increased by 241%. ALLIANCE FOR BIKING AND WALKING



Why Walk?

Regular walking contributes to your health and fitness in the following ways:

- Strengthens your heart, muscles and bones
- Lowers risk of high blood pressure and stroke
- Helps control weight
- Reduces depression
- Contributes to "brain fitness"
- Great way to meet people
- See your neighborhood differently
- Good for the environment

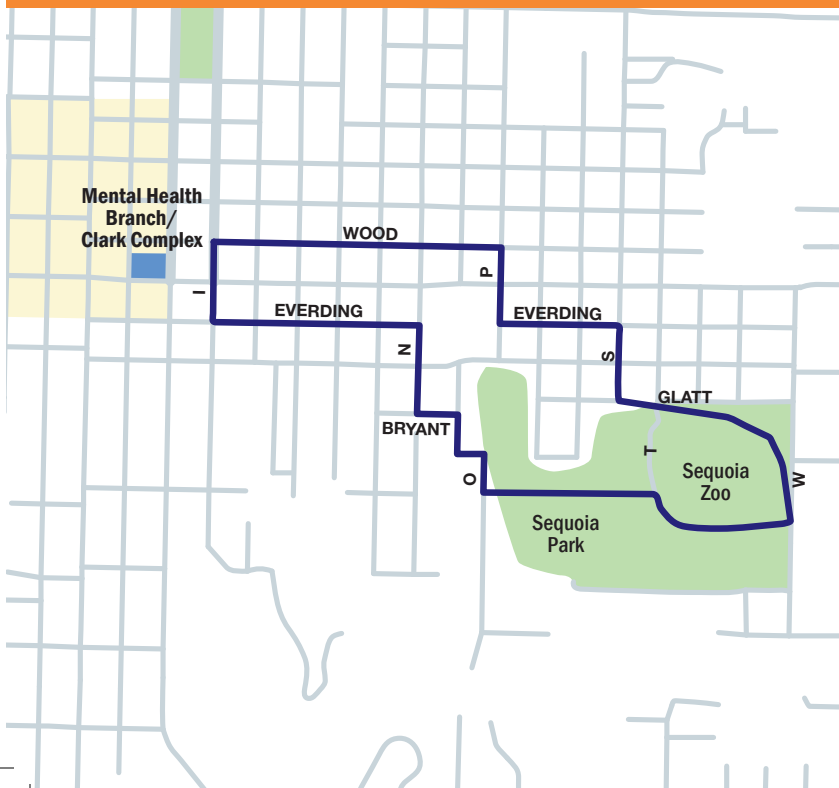
SUGGESTED WALKING ROUTE

Sequoia Park Loop

2.3 miles

40 – 60 minutes

4600 steps



Shifting Gears

Discover Eureka when you walk, bike or ride

- Find a walking or biking buddy. A buddy can help you navigate the streets and stay motivated.
- Try walking or biking to your lunchtime errands.
- Farmer's Markets are a great walking destination.
- Old Town Farmers Market
F St. between 1st & 3rd
Thursdays 10am-1pm (June 2-Oct 27)
- Henderson Center Farmers Market
F St. between Henderson & Russ
Tuesdays 10:00-1:00 (June 4-Oct 29)
- Try different routes to explore your neighborhood.
- Try getting to work differently at least one day a week – walk, bike, carpool or take public transit.

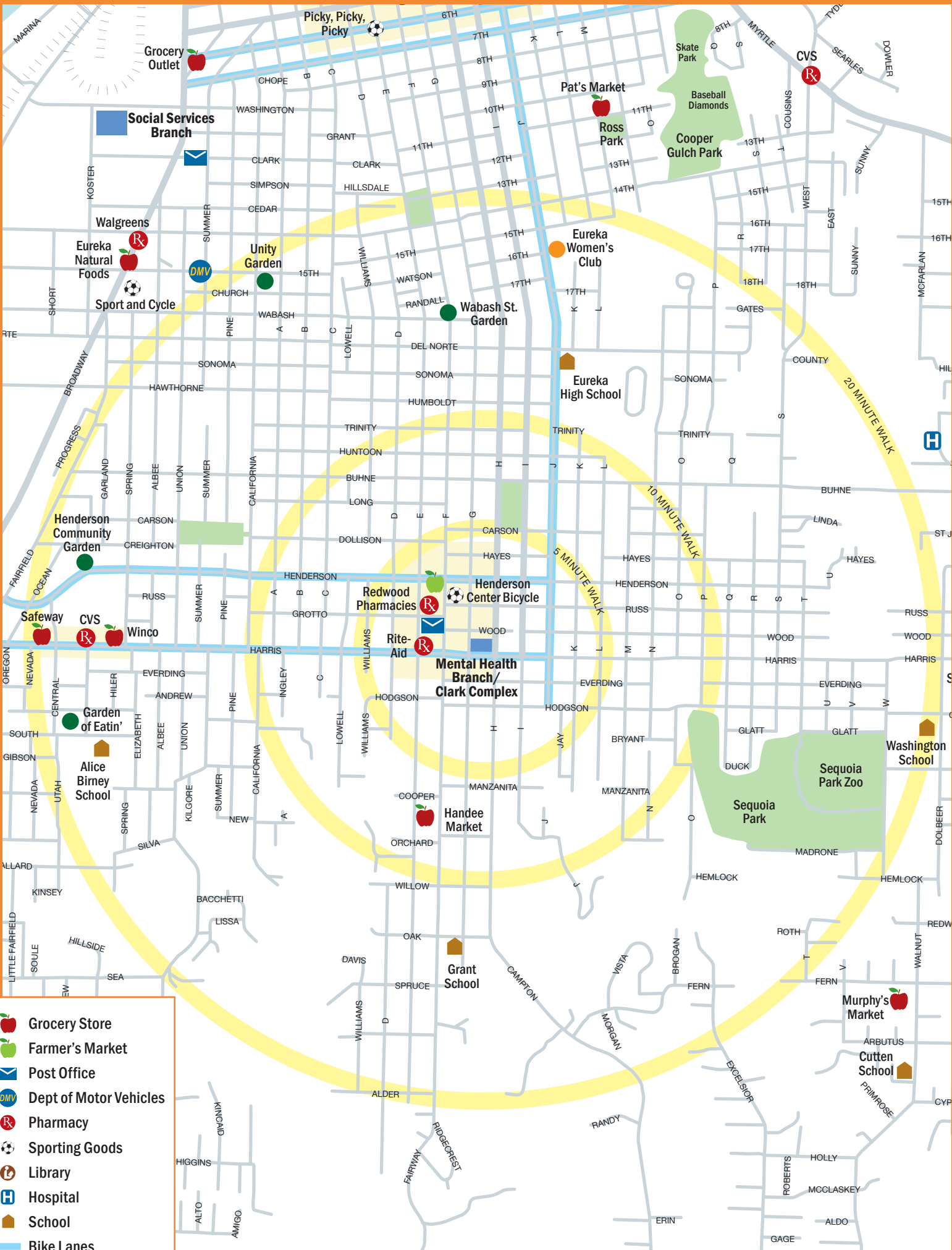
Humboldt Shifting Gears 2010











Mental Health Branch / Clark Complex Neighborhood Walking Map

Quick guide to walks and places near your worksite



The County does not discriminate on the basis of disability in services, programs, activities or employment. Persons with disabilities requiring special assistance or accommodation should call 707-268-2132.



-  Grocery Store
-  Farmer's Market
-  Post Office
-  Dept of Motor Vehicles
-  Pharmacy
-  Sporting Goods
-  Library
-  Hospital
-  School
-  Bike Lanes