

Walkable City Rules: 101 Steps to Making Better Places

In a world where cars dominate our lives, it's easy to forget the importance of walking. But walking is not just a way to get from point A to point B. It's also a way to connect with our communities, improve our health, and reduce our environmental impact.



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by Jeff Speck

★★★★☆ 4.7 out of 5

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Walkable cities are cities that are designed to be easy and pleasant to walk in. They have wide sidewalks, safe crosswalks, and plenty of green space. They also have a mix of uses, so that people can live, work, and shop in the same area.

The benefits of walkable cities are numerous. Walkable cities are healthier, happier, and more sustainable. They have lower rates of obesity, heart disease, and diabetes. They also have lower crime rates and higher levels of social cohesion. And they produce less pollution and greenhouse gases.

If you're interested in creating a more walkable city, there are a lot of things you can do. You can start by advocating for policies that make walking safer and more convenient. You can also support businesses that promote walking, and you can make a conscious effort to walk more yourself.

To help you get started, here are 101 steps to making better places:

1. **Make walking safe.** This means having wide sidewalks, well-lit streets, and safe crosswalks.
2. **Make walking convenient.** This means having sidewalks that are clear of obstacles, and having destinations that are within walking distance of each other.
3. **Make walking pleasant.** This means having trees and other landscaping, and having places to sit and rest.
4. **Mix uses.** This means having a variety of businesses and activities in the same area, so that people can live, work, and shop in the same place.
5. **Promote walking.** This means having public awareness campaigns, and offering incentives to people who walk.

These are just a few of the things you can do to create a more walkable city. By making walking safer, more convenient, and more pleasant, we can create healthier, happier, and more sustainable communities.

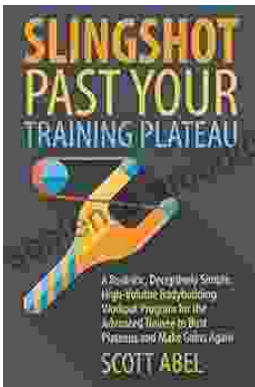
So what are you waiting for? Start walking today!

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