

Reasons For Sidewalks

*F*itness/Health/Disease Control

Sidewalks help you:

Fitness: strength training, cardiovascular exercise, and weight loss.

Health/Disease Control: prevention and therapy for diseases such as diabetes, obesity, heart disease, stroke, stress, blood pressure, cholesterol, and many more.

Maintaining healthy activity can help ease the burden of diseases and may actually prevent its onset.

Remember your dog's health too!

*A*esthetics

Wet ditches and eroding gravel shoulders are replaced with clean edged curbs, green natural grass curb lawn areas and continuous white ribbons of sidewalk.

Walking nearby scenery such as lakes, rivers, or parks, enhances your awareness of the environment that surrounds you.

*C*onnection

Links children to friends, parks, and schools.
Links pedestrian consumers to retail shopping.
Links to the bus stop, to the office, or to restaurants.

*T*errain

Sidewalk crosswalks are sloped for handicap purposes, ease for parents with strollers, and for elderly persons with walking aides. Sloped crosswalks are stamped for awareness to the blind.

*S*afety

Pedestrians should not share the road with cars and trucks. Sidewalks give pedestrians of all ages a peaceful safe place to walk.