



Move for Good Health and Good Air

By Phillip J. Rooney, Ph.D., Environmental Public Health Educator II
Lincoln-Lancaster County Health Department



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High gas prices and good weather can make life good for Lincoln residents. Now is a great time to walk, bike, skate, or take public transit to get to work, shop, or play. Using alternative modes of transportation can cost you less money, improves your health, and keeps Lincoln's environment clean and livable.

With gas prices hovering between \$2.45 and \$2.65, it no longer makes economic sense for one person to drive alone in one vehicle. Owning a vehicle is expensive. Not counting fuel, owners must pay insurance, maintenance, and taxes. By walking, skating, or bicycling to work just one day each week for a year, you can save about \$455 in total driving costs.

One of the best overall reasons to reduce vehicle use is to protect the health of the environment. The residents and business owners in Lincoln have worked hard to keep Lincoln's air clean. However,

as the city grows, there is an increasing potential risk that air quality will deteriorate. Other cities that suffer from poor air quality know all too well that it is easier to protect the air and keep it clean than it is to clean it up once it becomes polluted. Human health is directly related to the health of the environment. If the air is unhealthy, people, animals, and other living things suffer.

Improving personal health makes walking, biking, and skating particularly attractive alternatives to using motorized vehicles to get around. The Centers for Disease Control, the Nebraska Health and Human Services System, the Lincoln-Lancaster County Health Department, and other health agencies report that the incidence of obesity, high blood cholesterol, high blood pressure, some cancers, cardiovascular diseases, and strokes can be reduced through regular physical activity. Obesity alone can aggravate high blood pressure, lead to diabetes, and cause serious heart problems. Simply moving more can prevent many serious health problems and improve your quality of life.

Despite all the wonder drugs and quick fix diets, dietitians and other scientists are now reporting that the simplest, most permanent, and cheapest way to lose

weight is to move more and eat less. They encourage everyone to be physically active up to one hour a day most

days of the week. Think about how you might accumulate one hour of physical activity every day – walk around the

block, bike to return a video, or walk your child to school. Even as little as 30

minutes of **brisk**, daily physical activity can use up about 200 calories.

Driving your vehicle less frequently is beneficial to the health of others. Think, "The less I drive, the healthier you are." The Lincoln-Lancaster County Health

Department's Air Quality Section calculates that for every 10 miles driven 1 pound of air pollution is created. In fact, cars and trucks cause about 75 percent of **all** air pollution in Lincoln.

A good way to reduce dependency on the personal vehicle is to ride the bus. There are a variety of fare options to fit almost any need. A wide ranging system of bus routes connects all portions of the city. Star Tran posts its schedule of bus routes, as well as maps of the bus routes, on the City of Lincoln's webpage. You can find it at <http://www.lincoln.ne.gov/city/pworks/starttran/routemap/index.htm>. You can also call Star Tran at 476-1234 for more information.

Alternatively, people can car-pool with family and friends. If five people car-pool there are four fewer vehicles on the streets, reducing traffic congestion, commute times, and air pollution. Having fewer vehicles on the street also makes it safer for pedestrians, bikers, and skaters to get around town. Car-pooling is also a wonderful social activity. Families and friends can enjoy the benefits of quality time spent together.

When running errands, many people find it useful to plan trips. You can save time and money while reducing pollution by taking care of several errands and following a planned route. A warm vehicle creates less pollution than a cold one.

Walking, biking, and skating are the most economical ways to break the one person-

one vehicle addiction. Lincoln has a great trail system and is a hiker/biker friendly town. In fact, *Prevention* magazine recently evaluated the 100 most populous cities in the United States to determine how they ranked for ease of walking and biking. Lincoln ranked 24, ahead of Omaha, Des Moines, and Denver. Lincoln's trail system ensures safe travel and links most areas of the city. Criteria included the number of people who bike or walk regularly, low crime rates, relatively mild year-round temperatures, and cultural attractions.

The future of biking is bright in Lincoln. Plans are underway to install a bike corral in the Center Park parking garage at 12th and N Streets. This corral will provide a secure, guaranteed parking space for subscribers. In addition, planned bike lanes on 11th, 12th, M, and N streets will further enhance the safety and ease of biking in the downtown area. A diverse

coalition of trails supporters, The Great Plains Trails Network, bike organizations, bike shops, recreational groups, city departments, and other interested citizens and groups are working to improve and expand our multi-use trails system and on-street bike routes in Lincoln.

Trails are not just for recreation any more. By walking or biking to run errands, get to work or school, or go shopping, people can lose weight, reduce their risks for serious diseases, and improve the environment for everyone.

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Get Moving!
Get Healthy!

Regular physical activity helps to prevent illness and improves the overall quality of life. That is why Lincoln's Physical Activity Council is working to get *LINCOLN IN MOTION!*

LINCOLN IN MOTION can help you achieve a healthier lifestyle. Check out our website for more information on our vision statement, *LINCOLN IN MOTION* partners, sponsorship opportunities, promotional tools, and a schedule of events.

www.lincolninmotion.org