



**CAMBRIDGE** is a great city for walking. It is compact, flat, and well served by public transportation. It has a mix of housing, stores, services, workplaces, and parks, putting many destinations within easy walking distance for most people. Virtually every street has sidewalks, and none has a speed limit of more than 30 miles per hour.

## Go Cambridge

- *Prevention* magazine named Cambridge **America's #1 city for walking** in 2012.
- Cambridge has the **highest percentage of residents who walk to work** nationwide (24%).
- The Boston-Cambridge-Quincy area is the **safest metropolitan area** in the country for walking according to Transportation for America in 2011.

**CitySmart** is a project of the  
**CITY OF CAMBRIDGE**  
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[cambridgema.gov/citysmart](http://cambridgema.gov/citysmart)



**CitySmart**  
  
 FAST. FLEXIBLE. FUN.

## Good For Your Health

Walking is **good for your heart**. A recent Harvard study shows that walking at a moderate pace (3 mph) for up to 3 hours a week—or 30 minutes a day—can cut the risk of heart disease by as much as 40%. This is the same benefit you would get from aerobics, jogging, or other vigorous exercise.



### Walking also:

- Improves blood circulation
- Helps build strong lungs
- Combats depression and reduces stress
- Improves memory and reduces risk of Alzheimer's Disease
- Helps you sleep better
- Prevents osteoporosis
- Reduces cancer risk
- Prevents and controls diabetes
- Helps with weight loss

**Studies have shown that people are most likely to stick to exercise when it is part of their daily lives.**

Experiment with taking some trips on foot—to work, school, the store, religious services, or the movies. This lets you incorporate walking into activities you normally do. If you combine walking with taking the T, you can get to most destinations in the metropolitan Boston area.

Visit [cambridgema.gov/citysmart](http://cambridgema.gov/citysmart) for more information on the health benefits of walking.

## Good For Your Wallet

Walking is an **affordable** way to get around. Car ownership consumes a major portion of many Americans' income. People who walk more spend less money on transportation, and have more to save or spend on other things.

**\$9,400**



Cost

2011 Average Annual Driving Cost (AAA)

**FACT.**

**\$ A pair of shoes**

Walking

### Other economic benefits:

- Employees who walk to work have lower medical expenses and lower commute expenses.
- Walkable neighborhoods have higher real estate values than non-walkable areas.
- People who walk to shop spend more money at local businesses than people who drive.
- Infrastructure for walking costs less than driving infrastructure.
- Walkable areas attract tourists.

## Walking Burns Calories

TIME	DISTANCE	CALORIES BURNED	DISTANCE	CALORIES BURNED
10 minutes	0.5 miles	44	0.67 miles	61
20 minutes	1 mile	88	1.33 miles	122
30 minutes	1.5 miles	132	2.0 miles	183
40 minutes	2.0 miles	176	2.67 miles	244
50 minutes	2.5 miles	219	3.33 miles	305
60 minutes	3.0 miles	263	4.0 miles	366

MODERATE PACE (3 mph)

BRISK PACE (4 mph)

## Walk Safely



**BE SEEN** Stand clear of buses, hedges, parked cars, or other obstacles. Wear bright- or light-colored clothes and reflective materials at night.

Cross in a well-lit area at night.



**BE ALERT** Walk on the sidewalk. Don't assume vehicles will stop; make eye contact with drivers. If a driver is on a mobile phone,

s/he might not be paying attention to safe driving. Look before you cross the road; don't rely solely on pedestrian signals.



**BE CAREFUL AT CROSSINGS** Cross streets at intersections or marked crosswalks, if possible. Look left, right, left before crossing

a street. Watch for turning vehicles; make sure drivers in all lanes see you and will stop for you. Don't wear headphones or talk on a mobile phone while crossing.

## Laws

### Massachusetts pedestrian-related laws for motorists and bicyclists



- Yield to pedestrians entering or using a crosswalk in your path of travel.
- Do not block a crosswalk with your vehicle.
- Yield to pedestrians if your traffic signal is red and you are turning.
- Never pass another vehicle that has stopped or is slowing down for a pedestrian.



### Laws for pedestrians

- Obey the Don't Walk and Walk signals.
- Use a crosswalk if one is available.
- At crosswalks with pedestrian signals, if there is a push button, use it and wait for the Walk signal. Signalized intersections without a push button will give you a Walk signal automatically.

### Pedestrian signals

- The city's goal is to give you a safe crossing and to minimize the time you have to wait to cross a street. So we often give vehicles a green light when the walk signal is on. Watch for turning vehicles when you cross.
- Pedestrians get a head start at most intersections where vehicles and pedestrians move at the same time.
- The flashing Don't Walk signal must last long enough for everyone who has started crossing to finish. In long crosswalks, this can last longer than the Walk signal.



## Walking Distances

### .5 mile (10min)

INMAN SQ. CENTRAL SQ.



CONCORD & HURON FRESH POND



PORTER SQ. RAYMOND PARK



### .75 mile (15min)

RIVER & PUTNAM HARVARD SQ.



LECHMERE DONNELLY FIELD



### 1 mile (20min)

HARVARD SQ. PORTER SQ.



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