



NEW WESTMINSTER

Walking Mythbusters



Mythbuster #1 - Walking is dangerous

TRUTH: The chance of getting hurt as a pedestrian is very low, with 4 injuries per 1,000,000 walking trips .

This is lower than the chance of getting hurt as a driver or a passenger (7 injuries per 1,000,000 driving trips).

Walking can prevent diseases such as heart disease (48,681 deaths in Canada in 2012), stroke (13,174 deaths) and diabetes (6,993 deaths), all of which kill far more Canadians than pedestrian fatalities (396 deaths in Canada in 2012) .

Furthermore, there are many steps that you can take to be safer, such as wearing visible and reflective clothing, paying attention when you walk (no looking at your phone!) and making sure you have enough time to cross the street at intersections. More safety tips are available at the walking page on the City of New Westminster website: www.newwestcity.ca/walking

Mythbuster #2 - Walking is uncomfortable

TRUTH: Does it rain all the time? Actually, over half of all days (54% to be exact) in New Westminster have no precipitation at all. And for those days with rain? A walk in the rain can be quite pleasant with a good umbrella and rain gear. New Westminster doesn't often have very cold or very hot temperatures that may make walking uncomfortable. Cold, crisp days can be great for a walk (if you dress warmly), as active walking groups in much colder winter cities such as Edmonton and Ottawa can attest to.



Mythbuster #3 - Walking is inconvenient



TRUTH: New Westminster residents are fortunate to live in one of the most walkable municipalities in Metro Vancouver. Walk Score measures how easy it is to access amenities by walking. New Westminster have an average walk score of 70 (“very walkable”), the fourth highest Walk Score of any Metro Vancouver municipality. One quarter (25%) of all New Westminster residents already walk or bike to do errands, compared with 20% of Metro Vancouver residents .

In many parts of New Westminster, many amenities such as grocery stores, restaurants and coffee shops are just a short walk away. You can go about your daily business and get exercise at the same time!



Mythbuster #4 - I already have a car, it makes no sense for me to walk

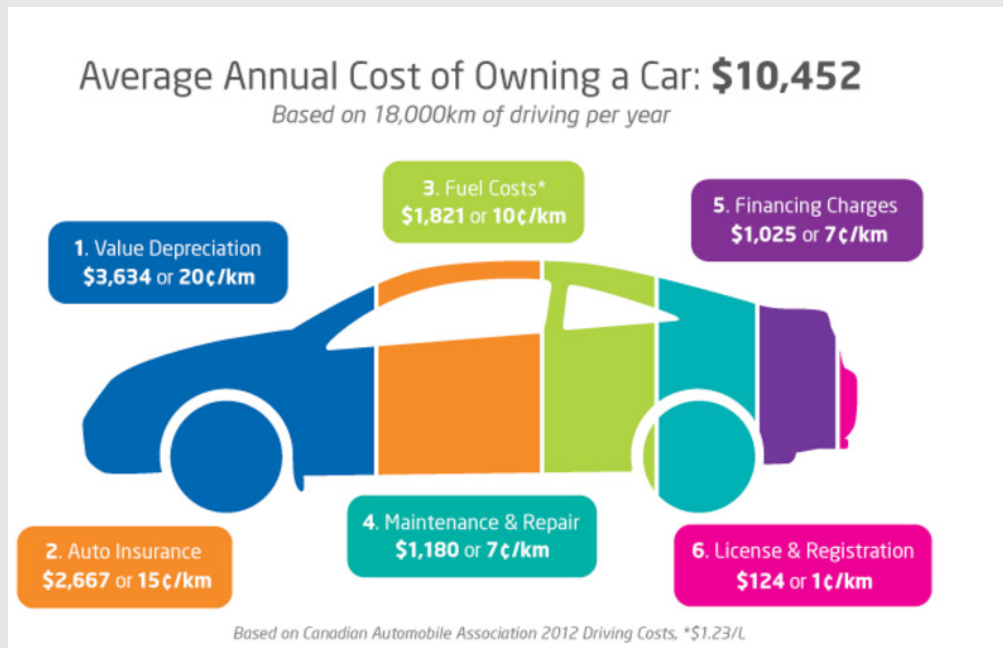
TRUTH: For many people, having a car is a necessity. However, just because you have a car doesn’t mean that it doesn’t make sense to walk. Walking is beneficial in so many ways!

Many New Westminster residents live within a 10 minute walk of grocery stores, restaurants and other amenities. Walking to such amenities can provide exercise, reduce stress (from the frustration of all of the bad drivers out there, traffic gridlock and looking for that elusive parking spot), save money (buying less gas) and help the environment too.

And it’s not all or none — over 400,000 Metro Vancouver residents use two or more ways of getting around on a typical day. Walking works great in combination with driving part-way or using transit; with five SkyTrain Stations in New Westminster, many locations within Metro Vancouver are just a short walk and SkyTrain ride away for New Westminster residents!

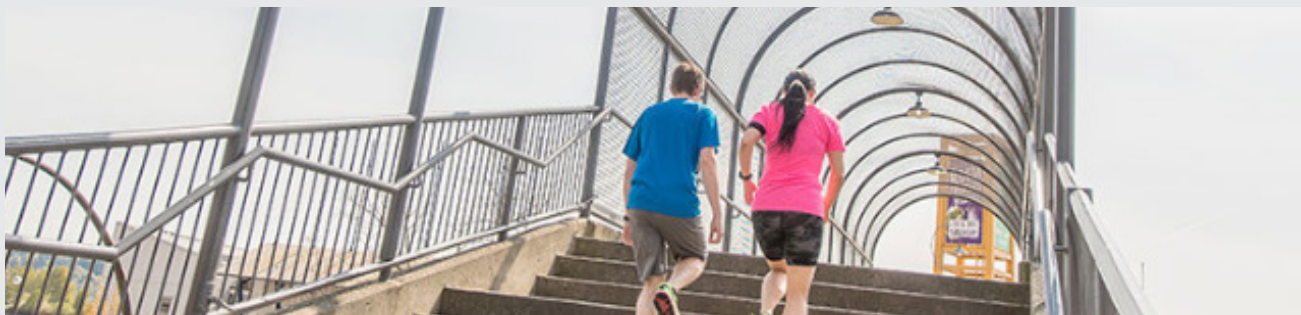


Mythbuster #5 - Walking is a waste of time and time is money



TRUTH: Walking is a very affordable way to get around, especially in a city such as New Westminster which is fairly compact. Do you really lose time and money by walking compared with driving? The cost of owning a mid-size car in Canada in 2012 was \$10,452/year. A British Columbian working for the average hourly wage needs to work 55 eight-hour work days just to own and operate a mid-size car. Drive less, work less, walk more and live more!

Mythbuster #6 – Walking is not real exercise



TRUTH: Walking is a great form of exercise that reduces the risk of obesity, dementia, cancer, heart disease, stroke, diabetes and high blood pressure. If Canadians followed the recommendations for physical activity from CSEP (Canadian Society for Exercise Physiology), we could avoid one-third of all premature Heart Disease deaths, one-quarter of all premature stroke deaths and one-fifth of all premature Diabetes deaths.

If walking is too easy, New Westminster has many steep hills to test you, such as Cumberland Street (up from East Columbia Street), Third Ave (up from Twelfth Street), Queens Avenue (up from Eleventh Street), Sixth Street (up from Columbia Street), Sherbrooke Street (up from East Columbia Street), Fourth Street (up from Columbia Skytrain Station) and Tenth Street (up from Royal Avenue). Or try the “River to Reservoir” climb from Sapperton Landing Park to the Westburnco Reservoir, gaining 128 metres in elevation during the 2.3 km climb.

Mythbuster #7 – Walking is boring



TRUTH: Many Canadians enjoy walking: walking is the most popular leisure physical activity in Canada, with almost three in four Canadians (72.4%, to be exact) walking for leisure. Whatever your interest, there is a walking activity for you.

Are you a dog owner? Take your dog for a walk, your pooch will thank you for it!

New to town and want to make new friends? Join a walking group – the New Westminister Walkers' Caucus has information about the different walking groups in our community: www.walkerscaucus.ca

Are you a bird watcher or wildlife enthusiast? Search for sea lions in the Fraser River, bird-watch for herons along the Brunette River, or see the cute ducklings near Friendship Gardens in the spring!

Mythbuster #8 – I can't start walking

TRUTH: If you are not used to walking, it may take a while to get into a routine. But the good news is that there are many steps you can take to start walking. Here are just a few:

- Park further away from your office
- Get off the bus a few stops early
- Walk to a nearby store for small purchases
- Take the stairs instead of the elevator
- Go for a walking meeting instead of meeting in the board room

Remember to gradually increase your walking activity to avoid injury – “know your limit, walk within it!”

For more great tips on how to start walking, please visit the Fraser Health Authority website at <http://news.fraserhealth.ca/News/January-2016/Lets-get-walking.aspx>

