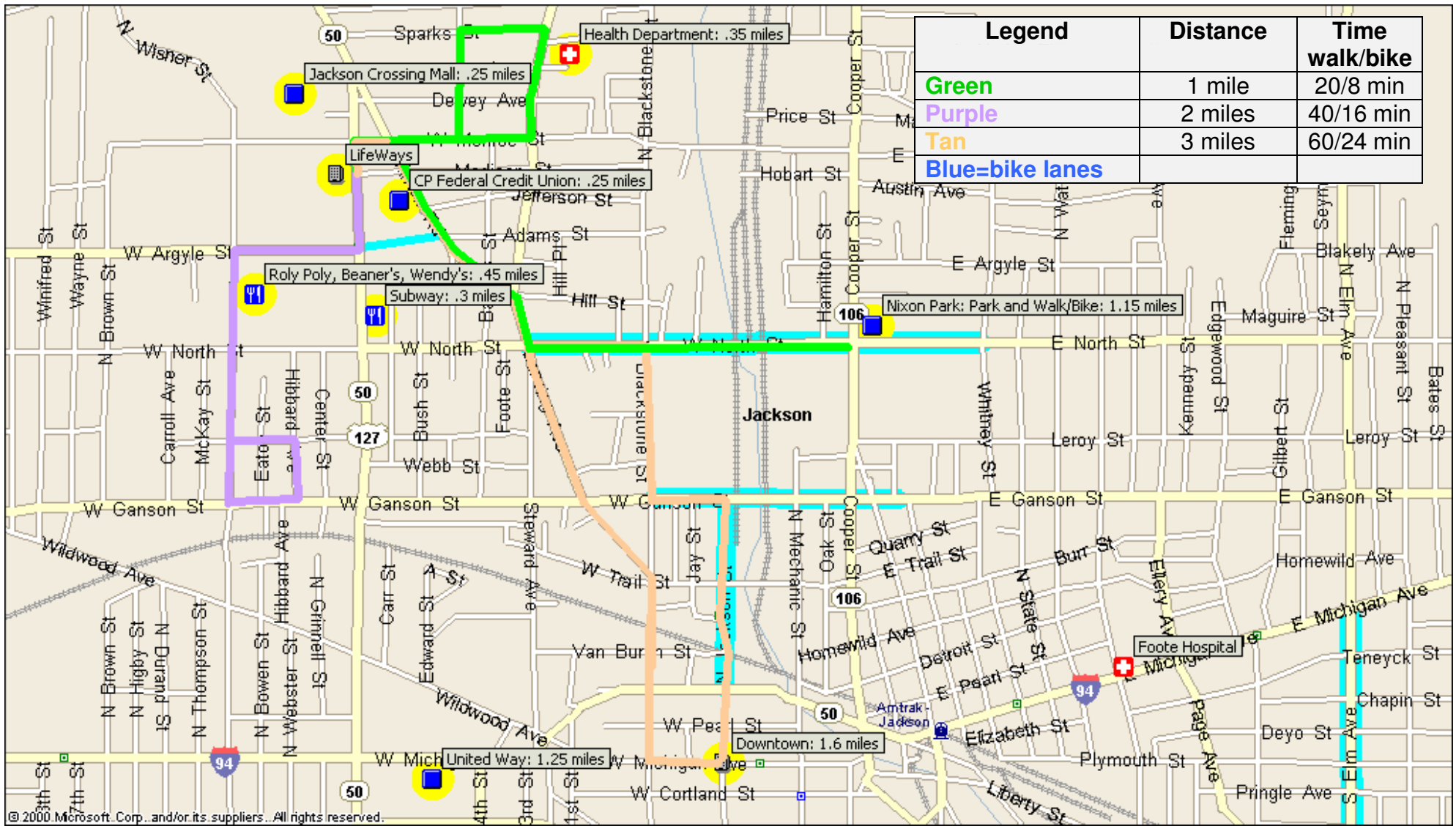


1, 2, 3 Mile Walking/Biking Routes Around LifeWays



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Directions for each loop on back
 Map can also be downloaded from www.fitnesscouncil.org





Foot Energy:

Making it easier for you to be active

Foot Energy is a joint project of the Fitness Council of Jackson and LifeWays to encourage employees to use walking and biking to complete short trips. Choosing to walk or bike instead of drive is one easy way to integrate physical activity into your daily routine. A lot is already happening—read on.

How was the Walking/Biking Routes Map on the other side developed?

The LifeWays Wellness Team and Fitness Council conducted a walking audit in May and rated streets green (good), yellow (ok), red (bad), for walking and biking. Based on this assessment we made recommendations for improvements to the City's Department of Engineering. It may take a while for all the changes to be completed so in the meantime we created the walking routes to stay on green and yellow streets around LifeWays. You can use this map to walk on your lunch break or before and after work. In addition, many common lunch spots and meeting locations are highlighted so that you can know how long it would take to walk or bike instead of drive there. Use this map to help you use your foot energy to be more active!

1 Mile Loop: Cross West Ave. at Walgreens. Continue straight on Monroe St. to Lansing Ave. Turn left and continue on Lansing Ave. Turn left onto Sparks St. Turn left on Morris St. (one block of Morris doesn't have sidewalks, but there is very little traffic). Turn right on to Monroe St and head back to LifeWays.

1 Mile One-Way: Park at Nixon Park and walk to LifeWays via North St., Lansing Ave., Clinton Rd., and Monroe St. (cross at Walgreens light).

2 Mile Loop: Turn right off of West Ave. onto Argyle St. Turn left onto Wisner St. Continue until Ganson St. Turn left on Ganson St. Turn left on Hibbard St. Left on Hallett St. (1/2 block of Hallett has no sidewalks) and then right onto Wisner St. Then return to LifeWays the way you came.

3 Mile Loop: Cross West Ave at Walgreens and continue on Monroe St. Turn right onto Clinton Rd. and proceed on Lansing Ave. Turn left onto North Ave. Right onto Blackstone St. Left on Ganson St. Right on Jackson St. Enter downtown and turn right onto Michigan Ave. Then right onto Blackstone. Follow Blackstone to Lansing and turn left. Follow Lansing back to Clinton Rd. and stay left. Turn left onto Monroe St. and cross at Walgreens.



Personalized Maps: Have your bike and walking routes mapped out for you!

Where should I walk and bike? The Fitness Council is trying to make answering that question easier by offering everyone a Personalized Active Transportation Plan. Signing up is easy, just visit www.fitnesscouncil.org and click "Active Transportation Plan" on the right hand side. Complete the online survey and you'll receive three plans over the course of one year to help you find ways to be more active in your daily routine.