

## **Bike/Walk Midland Brings Enjoyment**

Nearly everyone talks about enjoying the outdoors, but it seems that many of us structure our lives so as to rarely experience that enjoyment. From the house to the car to school, work, or shopping, and then back into the car and back home. It's an endless cycle, it seems. However, in a community like Midland, there really are plenty of ways to build some outdoor time into the daily routine by including non-motorized transportation (NMT).

A trip that might take 10 minutes by car can be often done in 15 minutes by bicycle since you don't waste time finding parking at your destination. If you replace a once per day 10 minute out and back car trip with a bike commute, you'll be getting the recommended 150 minutes per week of exercise for only 30 minutes more than it would take to drive. And while you're doing that, you'll relieve stress, connect with the community, and become more involved in the natural world.

Kids walking or riding bikes to school build physical, safety, and social skills, spend time with their friends, learn about the annual flow of weather and nature, and burn off excess energy that can be such a distraction when they need to concentrate in class. A walk to school starts kids' days off on a positive note, and they arrive refreshed, wide awake, and ready to learn. Recent research has shown that regular exercise can help in the control of ADHD.

Getting around under your own power is good for body, mind, and spirit.

For more information: [www.midland-mi.org/government/departments/planning/Planning/planninghome.htm](http://www.midland-mi.org/government/departments/planning/Planning/planninghome.htm)