

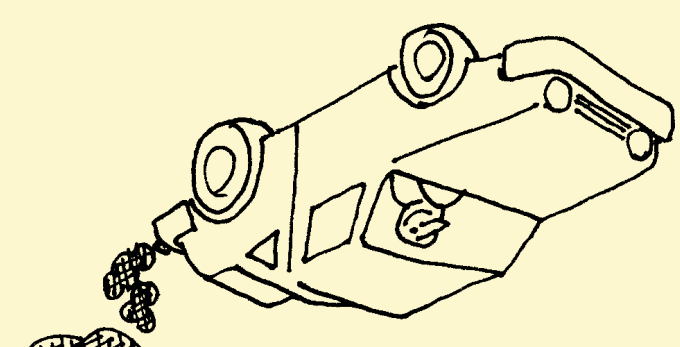
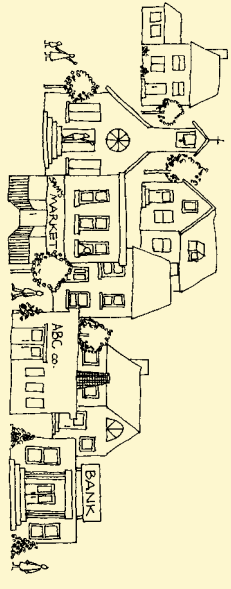
- Vehicle exhaust contributes to cancer, asthma, heart disease and other life-threatening diseases.
- Walking improves your health and helps fight obesity.
- Less traffic equals less stress, risk of injury and death.
- Less driving helps reduce emissions leading to climate change.
- Plus, you might see your neighbors more often and enjoy your community more.

Walk more. Drive less.

- About one-third of New Jersey's carbon footprint comes from cars and other vehicles. Greenhouse gases contribute to global climate change that:
- threatens human health and safety;
- jeopardizes the environment;
- threatens property, quality of life and the economy.

WALK, LEONIA! It's good for people and the planet

WALK
LEONIA
LEONIA BOROUGH
Environmental Commission
312 Broad Avenue
Leonia, NJ 07605-1894



Shrink your carbon footprint and live healthier!

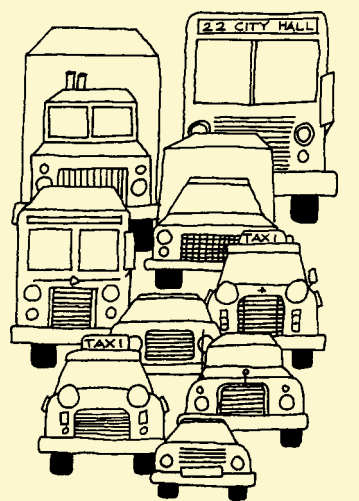


WALK LEONIA

Did you know?

Vehicle dependence is bad for your health!

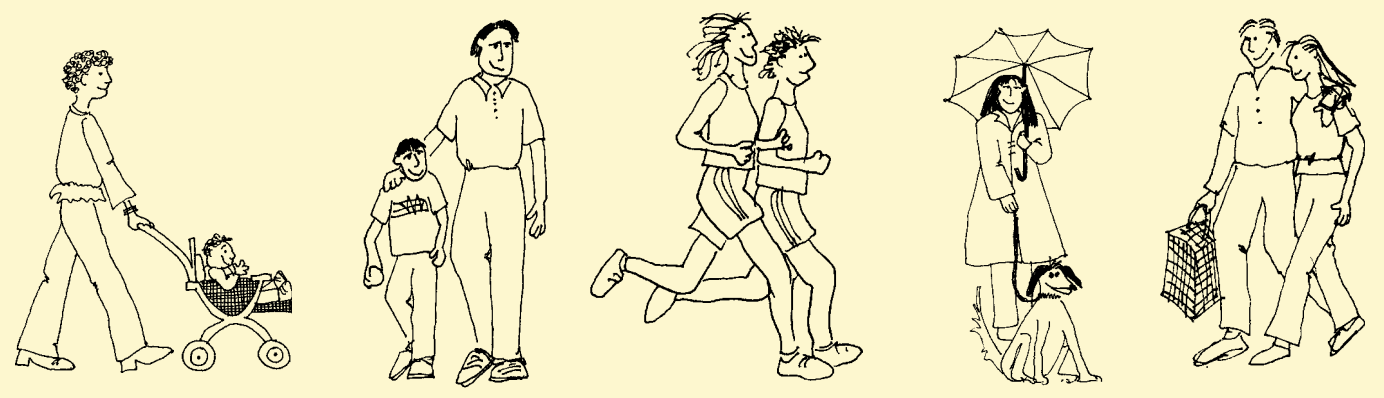
- ✓ Leonia's air pollution indexes for carbon monoxide and nitrogen dioxide are more than 50% worse than nationwide.
- ✓ About 13% of NJ adults have asthma, which is aggravated by auto exhaust.
- ✓ Breathing fumes from heavy traffic can triple the risk of heart attack for up to an hour.
- ✓ Children breathe up to 50% more air per pound of body weight than adults, so they're more vulnerable to toxic effects of vehicle emissions.
- ✓ Dependence on driving is making us fat! More than 15% of NJ children and 24% of adults are obese.
- ✓ About 35% of youngsters do not participate in regular vigorous physical activity.



TAKE THE FIRST STEP... Experience Leonia on foot!

It's faster and easier than you think to get around Leonia on foot. Use the map inside to plan your walks to regular destinations in town – your bank, hair salon, school, post office, the dog park. Enjoy the journey and do your part for a cleaner, healthier community and planet.

For more information contact the Leonia Environmental Commission at www.leonianj.gov



It's closer than you think!

Distances from various Leonia locations:

Distance between:	Walking Minutes*
Leonia High School to Sylvan Park	18
Leonia Middle School to Leonia High School	6
Leonia Boro Recreation Dept to Leonia High School	18
Leonia Library to Leonia Middle School	10
Leonia Middle School to Leonia Swimming Pool	24
Anna C Scott Elementary School to the Post Office	6
Post Office to Sylvan Park	18
Municipal Hall to Civil War Drill Hall Theater	16
Leonia Library to Ovepeck Park	8

*based on an average rate of 3 miles per hour

It only takes a few minutes to walk to many Leonia locations, and you can count it toward your daily exercise.

Find out more!

- Travel Impacts on Air Quality and Greenhouse Gases – <http://www.saferoutespartnership.org/mediacenter/research/231805>
- Safe Routes to School – <http://www.state.nj.us/transportation/community/srts/>
- Walking school bus; Somerville, NJ – http://www.nj.gov/transportation/community/srts/pdf/ss_somerville.pdf

WALK LEONIA



Hey, kids!

Explore Leonia on foot!

1. Find where you live on the map and circle it.
2. Walk from your house to as many different destinations in Leonia as you can.
3. Mark the places where you walked on the map.
4. Write down how many minutes each trip took in your Leonia Trip Tracker at right.
5. Make note of some of the interesting things you notice on your walks.

Bring your family or friends along. It's more fun that way. And don't forget your dog!

Places	Minutes	Date	What I Saw
A			
B			
C			
D			
E			
F			
G			
H			
I			
J			
K			

Leonia Library
Wood Park
Leonia Swimming Pool
Civil War Drill Hall Theater
Overpeck Park
Leonia Community Garden
Highwood Hills Nature Area
Dudley Allen Park
Sylvan Park
Borough Annex
Sculpture Garden

Places	Minutes	Date	What I Saw
L			
M			
N			
O			
P			
Q			
R			
S			

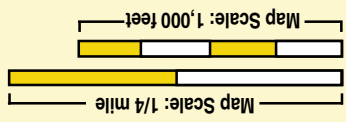
Leonia Borough Hall
Anna C. Scott School
Leonia Middle School
Leonia High School
Post Office
Crystal Lake
Fireman's Park
Madonna Cemetery

Pick your own destinations:

WALK LEONIA TRIP TRACKER

Name _____

Age _____



Map Scale: 1,000 feet
Map Scale: 1/4 mile