



NC RECREATION AND PARK WELLNESS INITIATIVE

Promoting a Healthy Lifestyle through North Carolina's Recreation and Park Agencies

Updated As of: 1/25/18

Ten Minute Walk Campaign:

NRPA is partnering with The Trust for Public Land and the Urban Land Institute on a nationwide 10-Minute Walk Campaign. The goal of this campaign is to ensure that each person in every US city has a park within a 10-minute walk. This policy page will give you some additional information regarding the campaign, and some quick resources to help your community get involved.



About the Ten Minute Walk Campaign:

According to [NRPA](#), one and three Americans do not have a park within a 10-minute walk. That's a number totaling more than 100 million people! The 10-minute Walk campaign aims to change this alarming statistic.

The 10-minute Walk campaign is the start of a multi-year partnership between cities and mayors across America to increase access to parks. According to [NRPA](#), "Beginning in 2018, the campaign partners will be working with cities across the country on measurable policies and strategies to advance the 10-minute walk vision."

A 10-minute walk to a park is important for a variety of reasons. First, the health and wellness benefits of park access are overwhelming. [Research shows](#) that walking for 30 minutes per day reduces the risk for depression, heart disease, obesity, and osteoporosis. Additionally, people living within a 10-minute walk of a park are more likely to participate in physical activity, and [have lower rates of obesity](#). For more information on the health benefits of walking in local parks, check out [this video!](#)

In addition to the health benefits associated with parks, NRPA cites a number of other reasons that demonstrate the importance of having access to parks. [Click here](#) to view the research behind these benefits!

How to get involved:

Interested in getting involved in the 10-minute Walk Campaign? [Click this link](#) to see all of the cities that have already signed up. As of now, Durham, Charlotte, and Greensboro have entered the commitment. One way to support the campaign is by thanking mayors and sharing the campaign in your cities. Some ways to do this include:

- Thank participating mayors for making parks a priority
- Ask new mayors to publicly endorse the campaign
- Share the 10-minute walk vision with your professional and personal network

Also, share some of these [promotional materials](#) to educate your community about the campaign, and to generate more interest in walking efforts. You can also personally sign up to support this effort at this [website](#). Encourage interested citizens, elected officials, and media members to also sign up.