



MAYOR CHRIS BOLLWAGE

CITY OF ELIZABETH PRESS RELEASE



FOR IMMEDIATE RELEASE

Contact: William Reyes/ Carmen Sierra
Public Information Officer
908-820-4124

ELIZABETH RATED AMONG TOP 100 BEST WALKING CITIES IN THE NATION

Elizabeth, NJ – June 17, 2008 – According to “*Prevention*” magazine and [American Podiatric Medical Association](#) (APMA) survey, of Best Walking Cities, the City of Elizabeth placed 75 among more than 500 cities nationwide. The APMA and *Prevention* magazine, the #1 healthy lifestyle magazine with more than 11 million readers, annually work together to measure the walkability of cities throughout the country. Cities were evaluated on 14 walking criteria which include: the percentage of adults who walk to work, number of parks per square mile, use of mass transit, and percentage of adults who walk for fitness.

“This designation coupled with the earlier distinction of being ranked among the top 50 Greenest Cities in America shows that our environmental efforts are improving the quality of life for residents,” stated Mayor Chris Bollwage. “With the continued support of local environmental organizations we can provide our residents more recreational areas, opportunities, and programs that support a healthy lifestyle.”

With the help of environmentally focused non-profits in Elizabeth, like Groundwork Elizabeth and Future City, Inc., the City has renovated parks, trails and even pocket parks throughout the City. Projects such as the Bike, Hike and Roll trail provide the Elizabeth Port area a beautifully landscaped recreational retreat for residents. In addition, the Elizabeth River Trail project will link areas of the City via a pedestrian/bicycle trail which will aid transportation and recreation. City officials say the much anticipated Elizabeth Trail project will allow more people to walk to work and decrease the amount of cars on the road.

According to the APMA and *Prevention* magazine, walking is the most popular form of exercise. To help decrease the risk of obesity a person needs to walk less than a mile a day. People who regularly walk have fewer incidences of cancer, heart diseases, stroke, diabetes and obesity.

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“With obesity rates rising every year, it is important that we continue to promote and develop healthy living programs for families,” said Councilwoman-at-Large Patricia Perkins-Auguste. “Whether it’s improving every playground in the city, opening trails along the waterfront, or developing walking programs this administration’s commitment to improving the lives of residents is evident. It is an honor to be one of the top three Best Walking Cities in New Jersey; I hope we inspire other cities to create more recreational opportunities and promote healthy living.”

For more information check www.prevention.com/bestcities or www.apma.org/walking