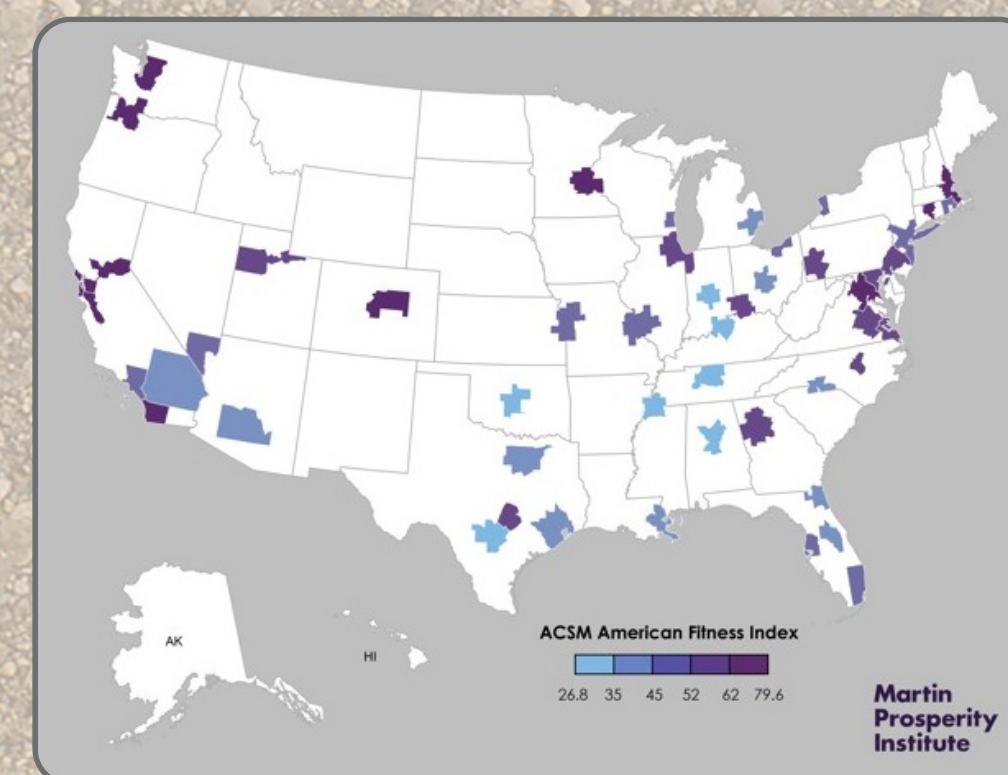


Trails of Kenton County

Walk

Run

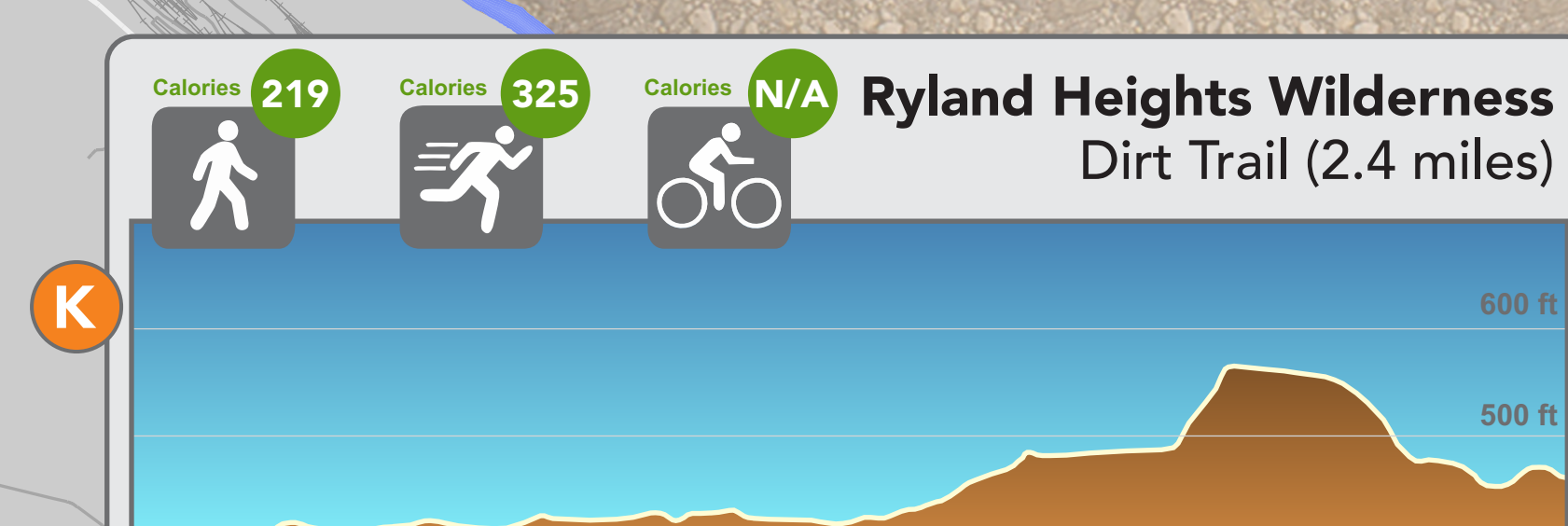
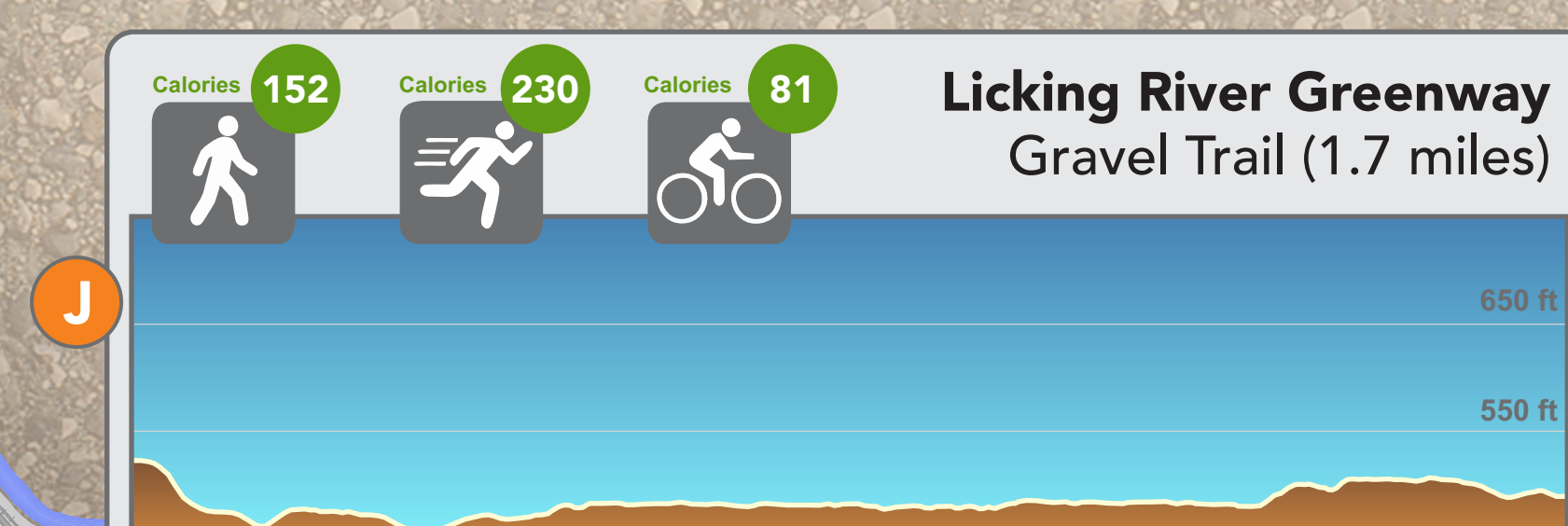
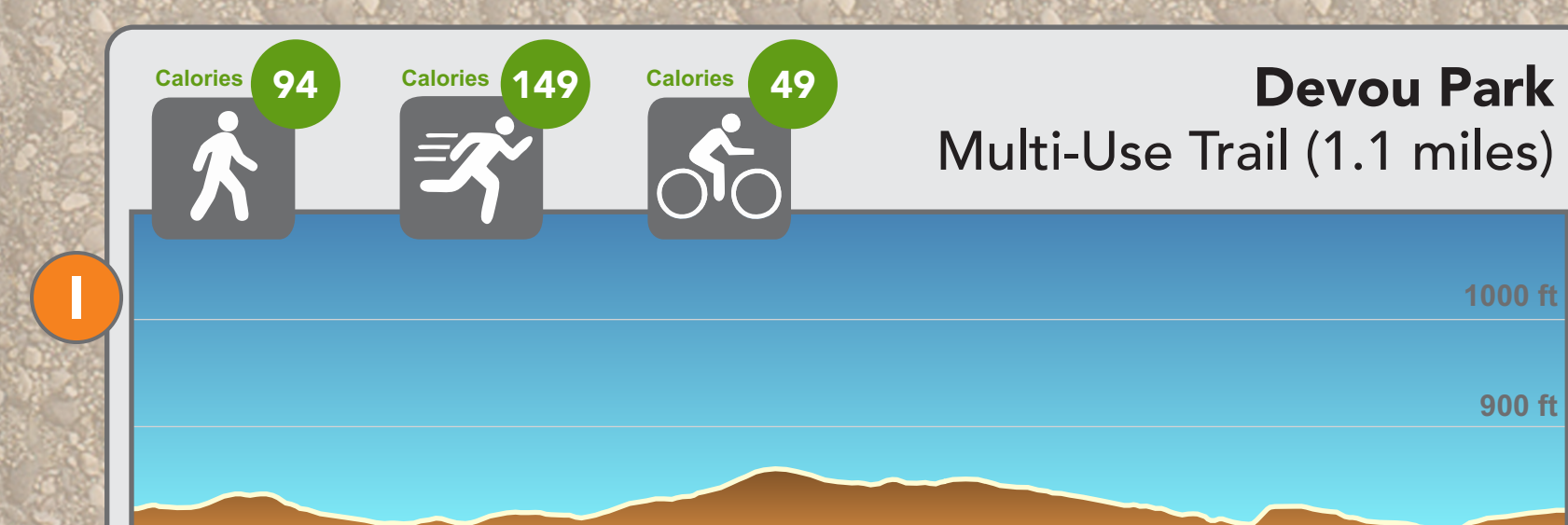
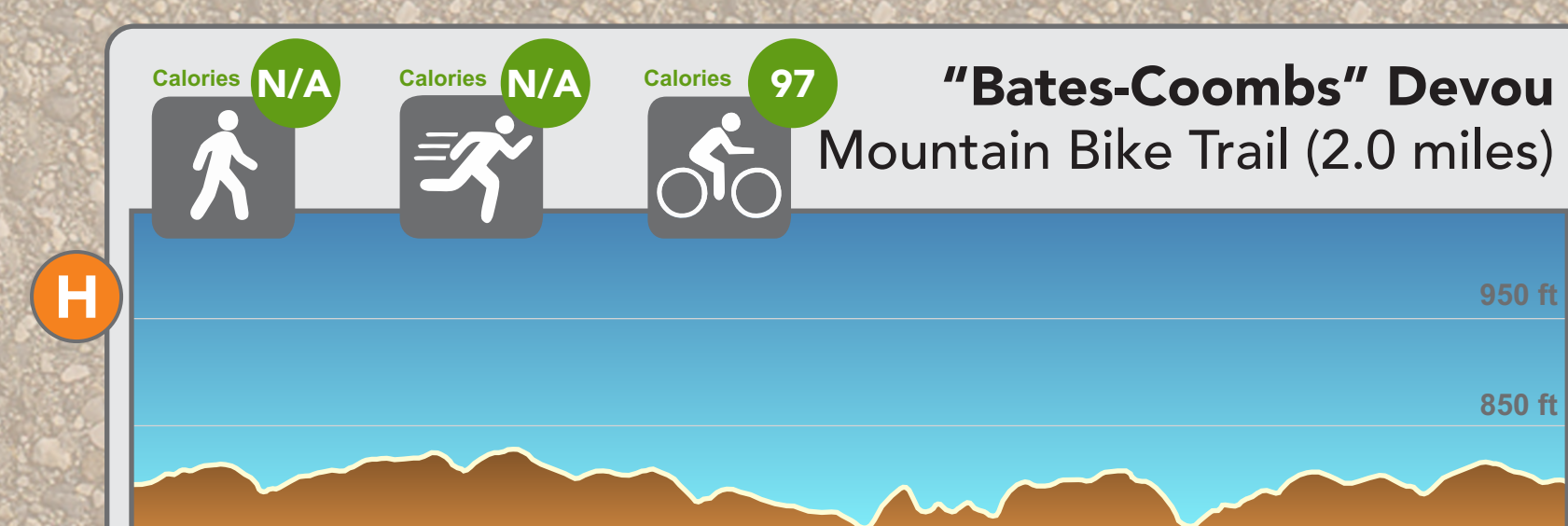
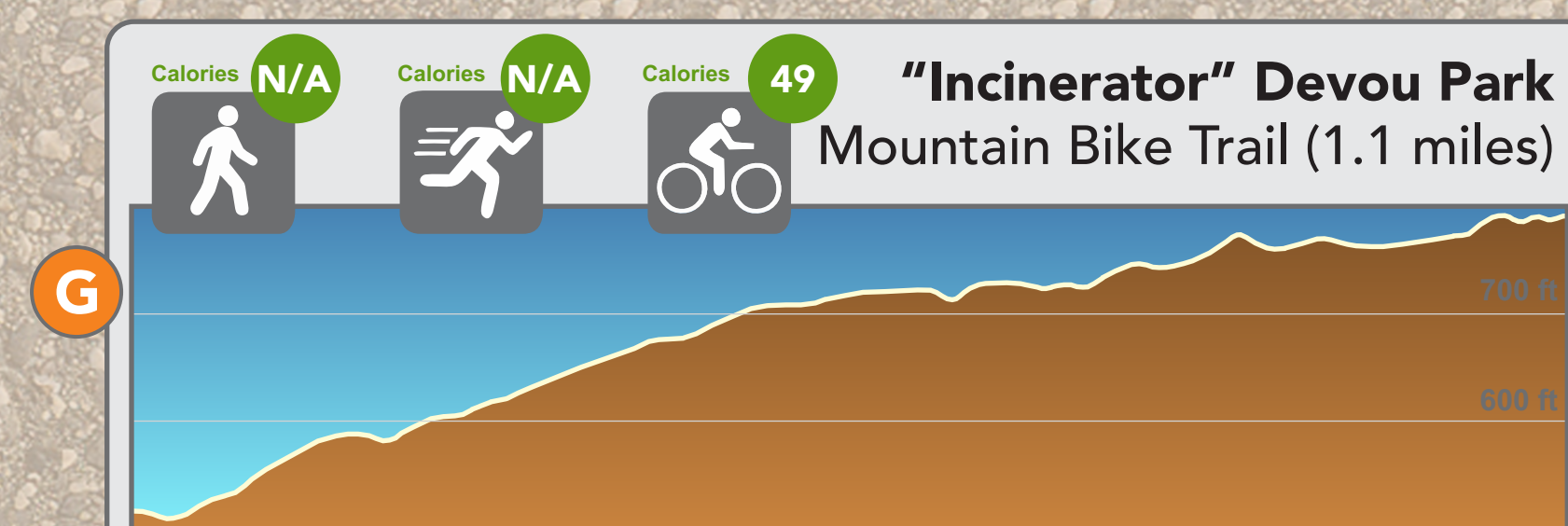
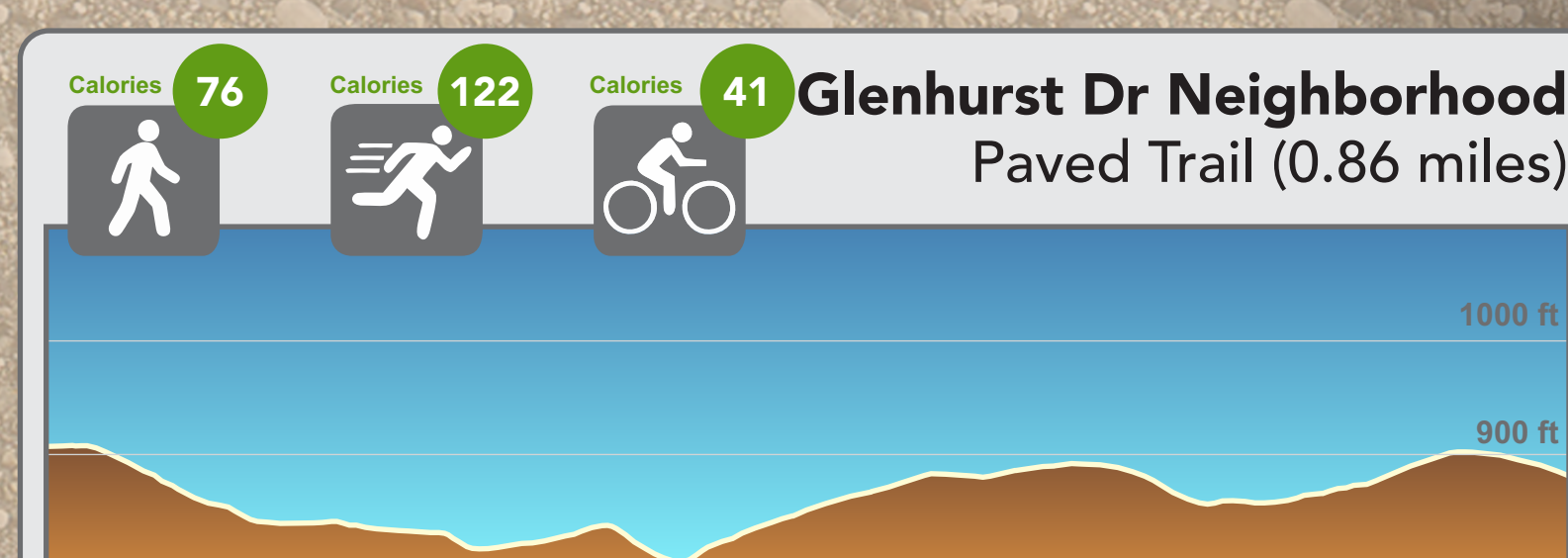
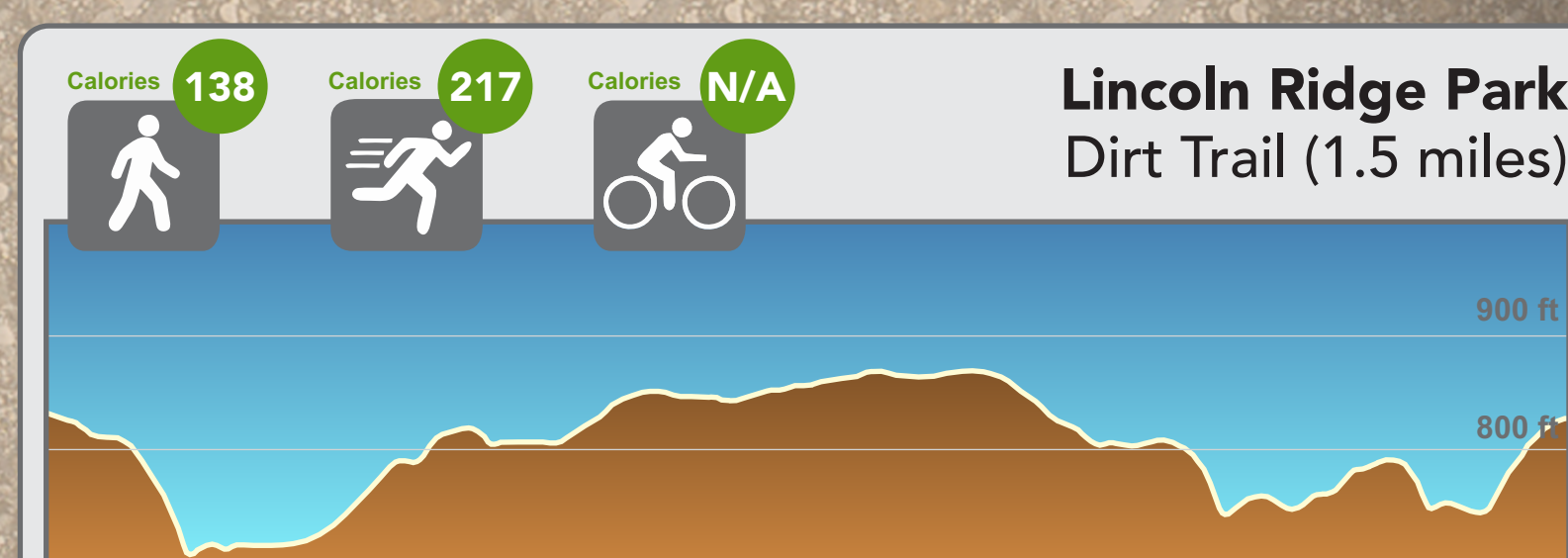
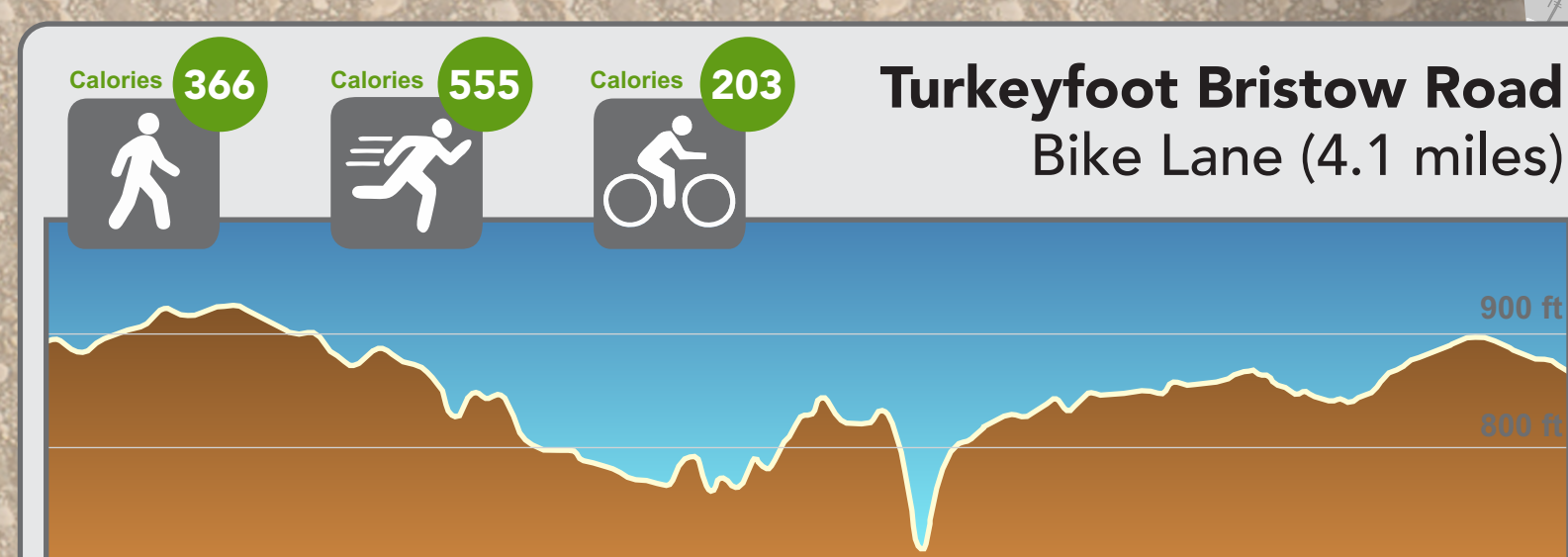
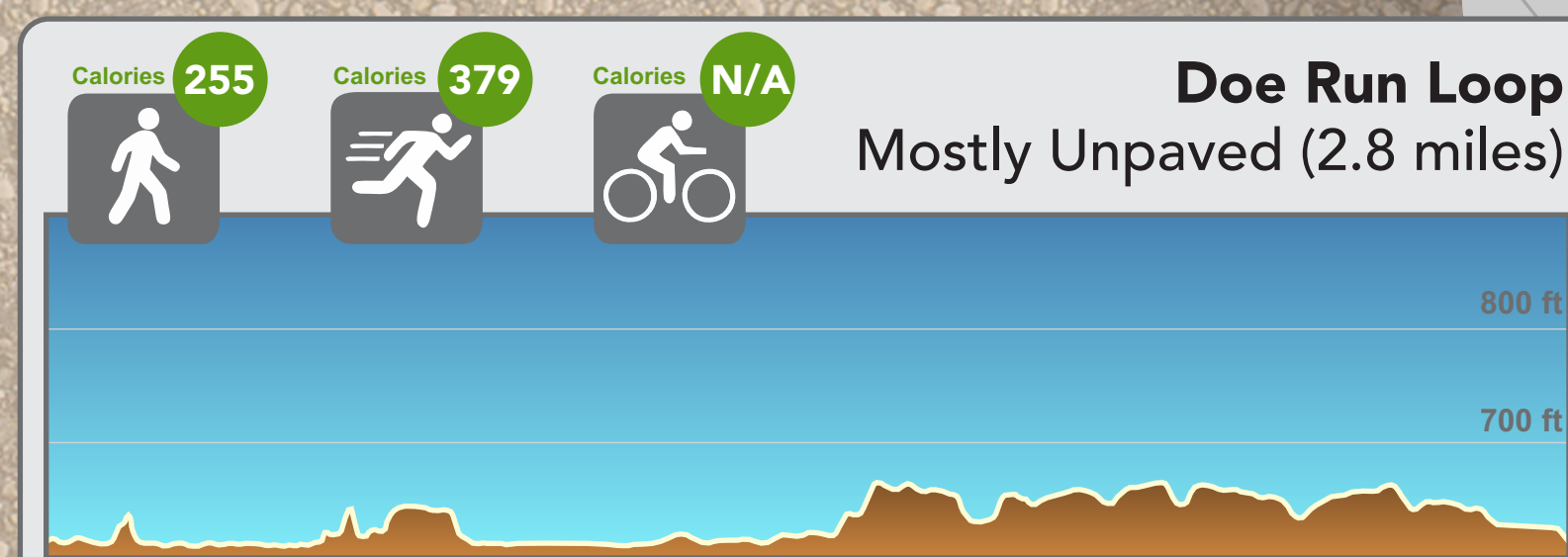
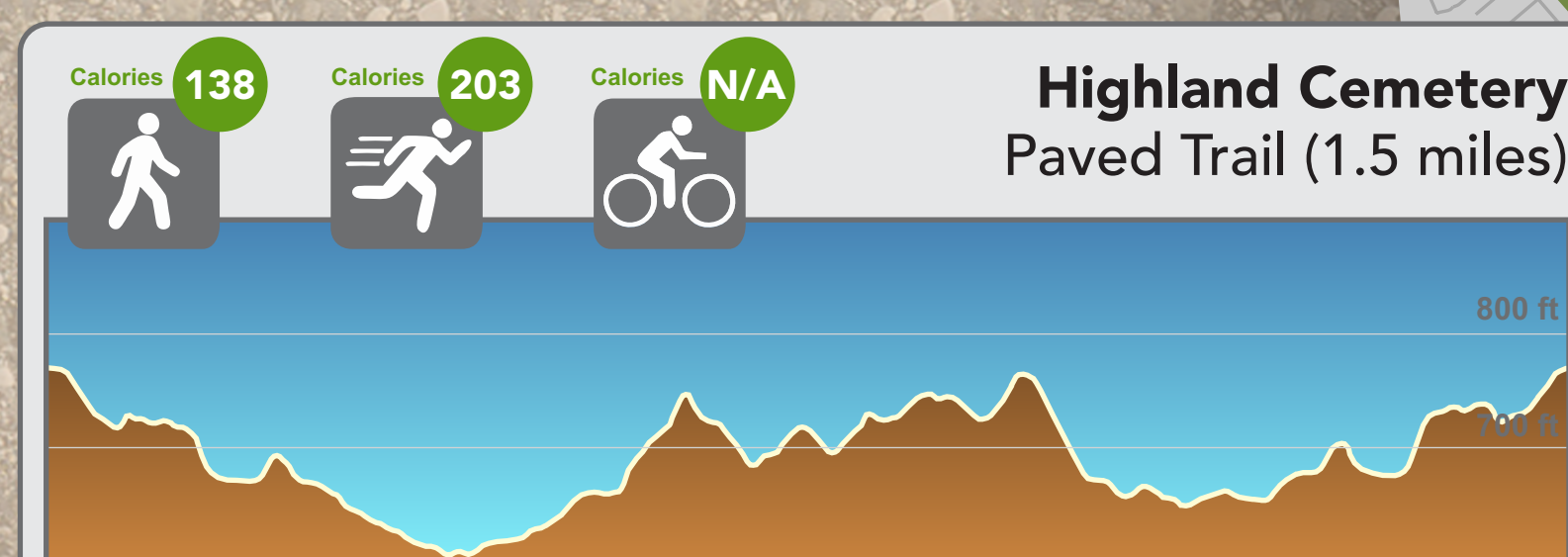
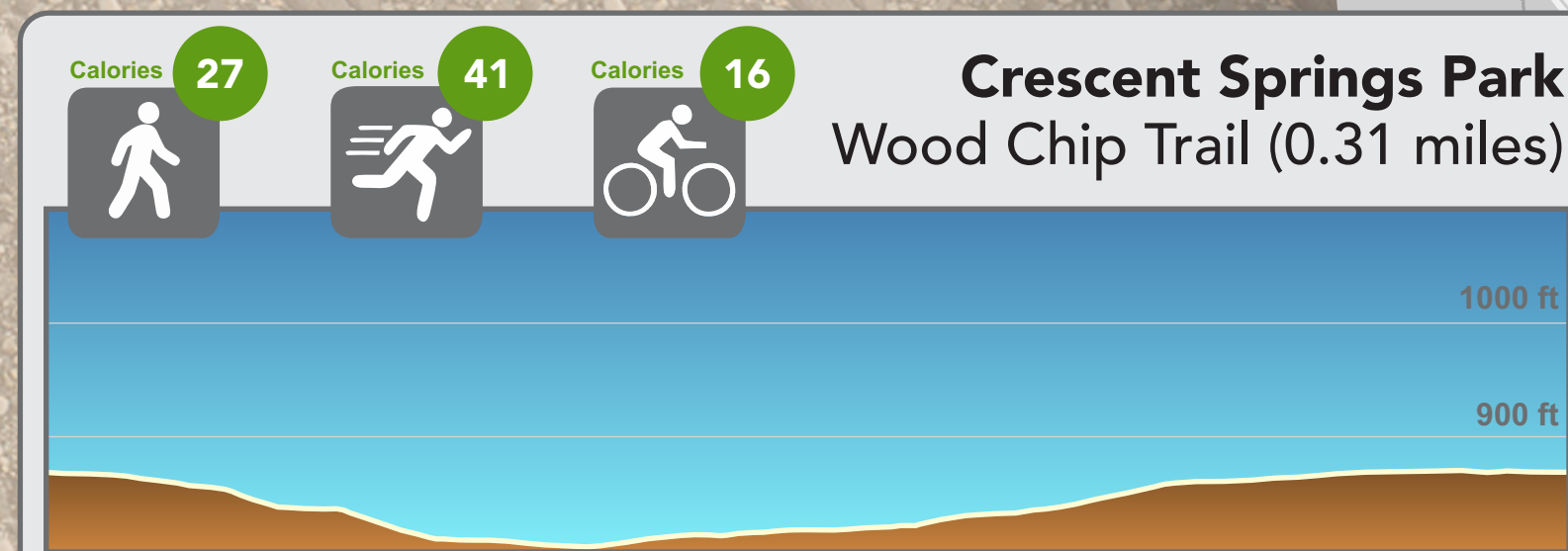
Bike



The map, created by Martin Prosperity Institute (MPI), charts cities according to the American Fitness Index. Cities with a low fitness score are shown in blue, while cities with a high fitness score are shown in dark purple.

The beginning of January is prime time for making resolutions to improve one's fitness and health. But maintaining a healthy lifestyle isn't as simple as burning holiday calories. Our socioeconomic class, combined with where we grow up and where we currently reside, structures everything from our education to our income to our employment opportunities—and now our fitness as well.

CityLab: America's Great Fitness Divide (January 11, 2016)



• The American Heart Association, the National Institute of Health and the CDC
• all recommend that **adults** (aged 18-64) **should receive 30 minutes**
• or more of **moderate-intensity physical activity** on all or most days of the
• week. According to the Physical Activity Guidelines for Americans put out by the
• U.S. Department of Health and Human Services, **children** (aged 6-17) **should**
• **receive 60 minutes of moderate-intensity or more physical activity**
• every day.

- Direction 2030: Research Report, Chapter 12: Health

direction 2030
Your Voice. Your Choice.

Goals and Objectives

C Community Identity H Health N Natural Systems
E Economy HC Healthy Communities P Primary Goal
G Governance M Mobility S Secondary Goal

How Does This Topic Apply to Direction 2030?

- HC** Improve the ability of residents to live a healthy lifestyle.
- N** Encourage the provision of both active and passive recreational opportunities to address the needs of different age groups and interests.
- M** Enhance and expand the effectiveness of the transportation system by promoting multimodal approaches that address the needs of all users.
- H** Increase the convenience and efficiency of using multiple modes of transportation including driving, transit, walking or biking.
- N** Promote adequate access to natural systems to encourage outdoor activities for all generations on public property.
- M** Promote connectivity within and from surrounding neighborhoods to public parks or natural areas to encourage walking and biking.

Recommendations:
"Explore opportunities to link existing open space, parks, and recreation areas and investigate opportunities to expand the system within each of the subareas of the county."

NKYmapLAB

January 2016 Volume 2: Map 1

Northern Kentucky mapLAB is a copyrighted, published product of Planning and Development Services of Kenton County. The goal of the initiative is to provide a wide variety of public data and present them in a more visual format that facilitates understanding by the public and its elected leaders. Suggestions for future analyses are always welcome.

Trails
— Designated Trail (Walk, Bike, or Multi-Use)
— Featured Trail

Calories by Trail Activity
Walk (3.0 mph) Run (6.0 mph) Bike (10.0 mph)
*Based on average weight of 179 lbs.

Trail Elevation Profile
*Based on 10m DEM via arcgis.com

Featured Data Sources
www.direction2030.org
www.linkgis.org
www.arcgis.com
www.myfitnesspal.com
www.greenumbrella.org

NKYmapLAB Awards
2015 KY GIS Map Gallery
2015 SGM UC Map Gallery

PDS

Green Umbrella
NATIONAL SYSTEMS OF ASSURANCE

Opening Day CHALLENGE
APRIL 16 - JUNE 4, 2016

#OpeningDayTrailsChallenge

Green Umbrella's "Opening Day on the Trails Challenge" takes place over a seven-week period overlapping National Bike Month in May. Tri-State Trails encourage individuals and families to explore the region's trails by offering prizes to participants who complete the challenge. The challenge then concludes with an award ceremony on National Trails Day, June 4th 2016. More information can be found at: greenumbrella.org

Trails of Kenton County

Trails of Kenton County

Trails of Kenton County

Kenton County offers over 45 miles of trails, bike lanes, and multi-use paths countywide. This map shows those trails and highlights several "featured trails" which are longer distances, regionally important, or used more frequently. It also shows the number of calories burned through various activities on the trails: walking, running, and bicycling—where possible. More information can be found at: linkgis.org