



**sustain
& move**

IU

IU Northwest Resources

Walking Resources

- Try the Healthy IU [campus walking route](#).
- Enjoy the [Indiana Dunes National Park](#) for some time with nature.
- Explore some of the [best hiking trails](#) in the Gary area.
- Take this [self-guided walking tour](#) around Gary using the GPSMyCity App.
- Visit the south shore for some great [outdoor activities](#).
- [A dose of nature](#): doctors prescribe a day in the park for anxiety
- Nilofer Merchant suggests a small idea that just might have a big impact on your life and health: Next time you have a one-on-one meeting, [make it a “walking meeting”](#) -- and let ideas flow while you walk and talk.
- [Find the top-rated dog walking trails in Indiana](#), whether you are looking for an easy, short dog walking trail or a long dog walking trail, you'll find what you're looking for. Click on the 'dog walking trail' icon to find trail descriptions, trail maps, photos, and reviews.
- Walking is one of the simplest ways to get active and stay active. With each step you take, you travel further down the path to a healthier lifestyle. Research has shown that walking can have a significant impact on your health by lowering your chances of heart disease. [Learn more about the benefits of walking and how incorporating it more can lead to healthier living.](#)
- [This calculator estimates your footprint in three areas: home energy, transportation and waste.](#) Everyone's carbon footprint is different depending on their location, habits, and personal choices.
- Take the uncertainty out of planning. Browse reviews, photos, and [detailed trail maps](#) contributed by a community of active outdoor enthusiasts like you.
- [Stretching matters!](#) Taking the time to properly warm up and stretch before you walk,

and cool down and stretch again after you walk, should be a priority.

- [America Walks](#) helps create healthy, happy, economically vibrant communities around the simple act of walking. Learn how to make your community a great place to walk!
- Urbanist [Jeff Speck shows how we can free ourselves from dependence on the car](#)—which he calls “a gas-belching, time wasting, life-threatening prosthetic device”—by making our cities more walkable and more pleasant for more people.
- Stanford study finds [walking improves creativity](#).

Bicycling & Bike Share Resources

- Check out Gary Indiana’s [bike share](#) program with Zagster.
- A variety of bicycling trails and courses are available on [mapmyride](#).
- [Women bike webinars and webcasts](#): Women Bike webinars will share stories, showcase key leaders, and highlight ideas and programs focused on women’s bicycling.
- Tony Desnick makes the case that bikes are saving the world from itself. [Bicycles really do change you](#), and in amazing ways, change the community around you.
- [National Highway Traffic Safety Administration's bicycle safety tips for adults](#).
- Communicating your intentions not only makes your ride safer, but it is also required by law in the United States. [Check out this page on proper signaling](#).
- [Indiana Department of Natural Resources Mountain Bike Trails](#).
- [Indiana Department of Natural Resources Hard Surface Bike Trails](#).
- [Indiana Department of Natural Resources Road Biking and Road Trails](#)
- [A bicycle safety presentation from Bicycle Indiana](#).
- [Bicycle Habitat's Simple Bike Maintenance Chart](#)

Carpooling and Busing Resources

- Gary Public Transportation Corp (GPTC) operates over 10 [bus routes](#) in NW Indiana.