



**sustain
& move**

IU

IUPUI Resources

Walking Resources

- Healthy IU indoor and outdoor walking trails are available on the IUPUI campus map: <https://map.iu.edu/iupui/index.html>. Scroll down under “Locations” and select Healthy IU Walking Paths.
- Cultural Trail - <http://indyculturaltrail.org/map/>
- Check out the [top 10 places](#) to walk, run & bike in Indy
- Stay safe while walking on campus. [IUPUI police officer escorts](#) are available 24/7
- [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 will find what you are 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

- Cultural and Bike Trails - <http://indyculturaltrail.org/map/>
- [Bicycling at IUPUI: Learn about registration, parking, safety tips, and more!](#)
- Check out the [15 best places](#) to bicycle in Indy
- [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

- [IUPUI campus shuttle service](#)
- [GO Express Travel](#) offers a variety of services, including airport shuttles.

- [IndyGo Bus](#) and [accessibility info](#)
- [BlueIndy Cars](#)