



# sustain & move IU

## IU South Bend Resources

### Walking Resources

- Try the Healthy IU indoor or outdoor [campus walking routes](#).
- Check out [places to go hiking](#) in South Bend.
- [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 one, you'll find what you're looking for. Click on the 'dog walking trail' icon to find trail descriptions, trail maps, photos, and reviews.
- 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 Lime [Bike Share](#).
- IUSB is a [bike friendly campus](#). See all the great campus bicycle resources.
- The [South Bend Bikeway Map](#) is available to plan a safe ride.
- Check out maps, events, information with the local bicycle-advocacy group, [Bike Michiana Coalition](#).
- Check out the [South Shore Trails website](#) for info on area bike trails.
- [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**

- [Transpo](#), the municipal bus system serving South Bend and Mishawaka, launched a new ridership program with IU South Bend. IU South Bend students, faculty and staff will be eligible to ride Transpo's fixed routes free of charge when they show their valid IU Crimson Card. Transpo's Route 9 runs between South Bend and Mishawaka, with stops at IU South Bend every 30 minutes Monday through Friday and hourly on Saturday.
- The [South Shore Line](#) is a commuter rail line operated by the Northern Indiana Commuter Transportation District (NICTD) between Millennium Station in downtown Chicago and the South Bend International Airport in South Bend, Indiana.