

Walking is known to be beneficial for health and yet fewer and fewer people are walking these days.

What are the reasons for this?

What can be done to tackle this problem?

Mona meschi

Nowadays, experts and physicians are worried about universal diseases like severe overweight, bone aches, high cholesterol and blood pressure and many other dangerous complications which are caused by lack of exercising and ~~walking~~ decrease in walking among the new generation.

I am of the opinion that cities are growing fast so it has caused long distances between home and workplaces, therefore, ~~private car~~ transportation is very/quite common and necessary. On the other hand, as ~~the car transportation~~ this trend is increasing, spaces are dedicated the cars owned to them. For instance, despite cultural, historical and economical values of Valiasr junction in Tehran, people are deleted from it, functionally. In addition, another reason which has forced the citizens to pass long ways to buy needs, is lack of neighborhoods' stores which are, unfortunately, replaced with big malls and chain stores.

It seems to me that planning and ~~making building~~ lively and active neighborhoods persuade people to walk more outdoors. Also, preferring pedestrian walkways to streets and cars and designing more outdoor exercising spaces in neighborhoods can ~~improve deal with/address~~ the problem.

In conclusion, the best efficient solution is persuading people to live near their workplaces. However, it is not a simple way, but if the urban planners ~~and designers~~ try to improve the city's infrastructures, it can be more facilitated easier for citizens to make do this movement.