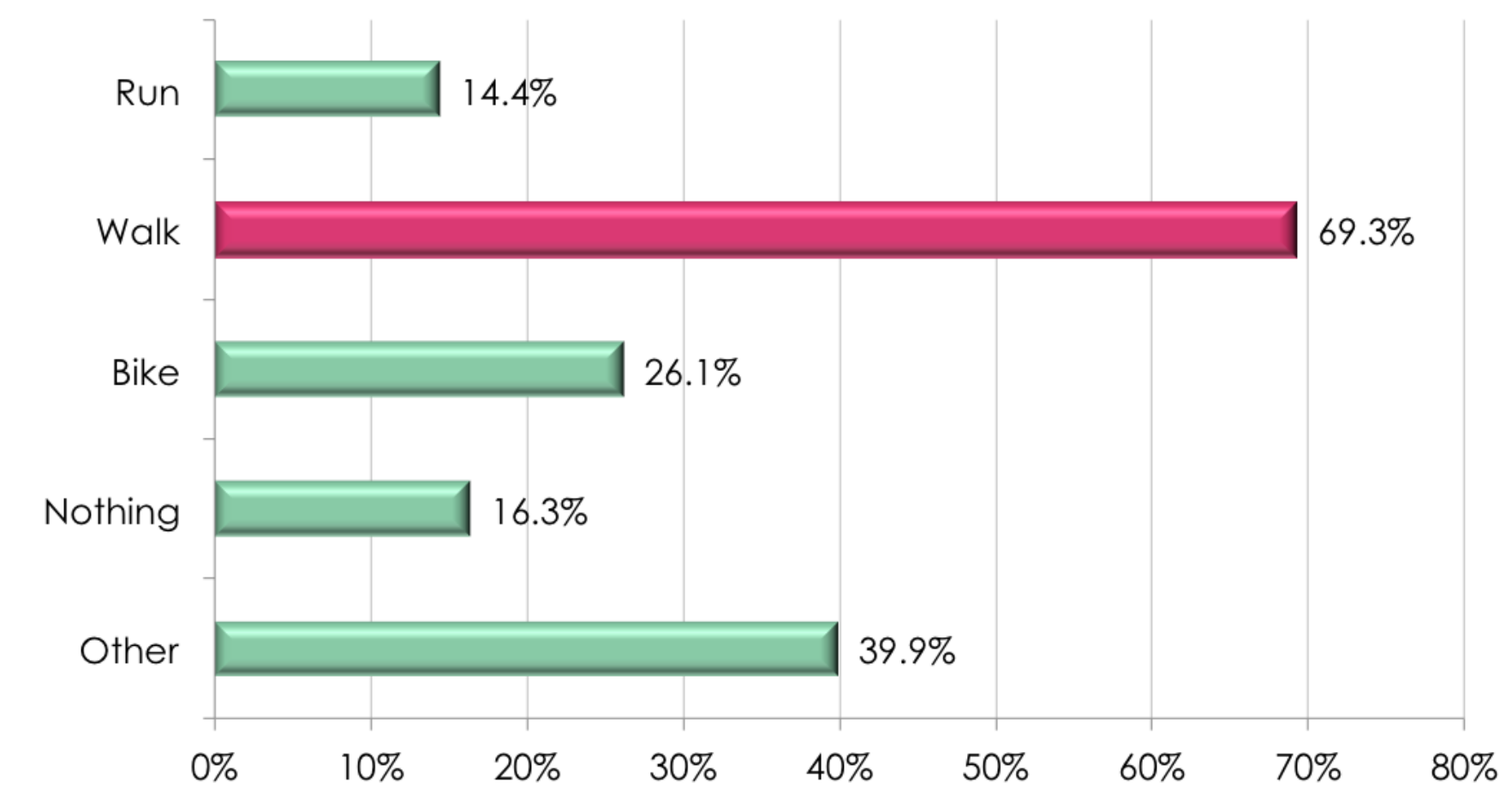


Map Source: Iowa Department of Natural Resources, "Natural Resources Geographic Information Systems Library," accessed May 2015, <http://www.igsb.uiowa.edu/nrgislib/>. Route data derived from the 2015 Designing Livable Communities survey conducted by Iowa State University.

Preferred types of exercise (153 responses)



Walking is clearly the most popular form of exercise among Nashua survey participants, at almost 70%. Almost 40% of respondents indicated that they engage in other activities for exercise. More than 16% of respondents indicated that they do not exercise.

Of the 39.9% who do other activities, roughly 30% use the Husky Wellness Center in Nashua. This venue was frequently mentioned by participants during the Transportation Assets and Barriers workshop held in March 2015 as well. Approximately 12% of "other" respondents engage in physical activity at home, via treadmill, elliptical, and exercise videos, for example. More than 8% indicated that they get exercise at work.

Preferred Walking Routes

One hundred thirty-four survey participants provided information about the walking routes they use, which are identified on the map. The frequency that the routes are used is depicted by their thickness, with most frequently used routes being the thickest. Many of the city streets in Nashua are included in the walking routes identified by respondents. Of those, the most commonly walked routes are Greeley St between Lexington and Ford Sts, Main St between Cedar and Livingston Sts, and Highway 346 from Main St to Chickasaw St. Between 10 and 16 walkers take Lakeshore Dr and Chickasaw St, which provide access to the Lakeshore Trail and Cedar Lake Park, respectively. Streets that access Cedar View Park and the boat ramp are also frequently used, as well as those access the ball fields and the fairgrounds.

Nashua

Transportation Behavior and Needs | 2. Preferred Walking Routes