

The biggest environmental barrier for exercise in my life is the roads in my neighborhood. Despite being a “family neighborhood” that has a country club, there are no sidewalks and not even any paved shoulders on the roads most of the time. While some stretches of the road have grassy shoulders that are okay to walk on, a lot of the time there are steep ditches or overgrown plants on the side of the road. Furthermore, the roads themselves are not in great condition.

For someone like me who prefers neighborhood walks to walking on a treadmill, this makes my morning walks more dangerous than if the streets had properly maintained sidewalks. This is especially important because my street that I walk on is a major street in the neighborhood and drivers are known for going well over the speed limit here.

