Enhancing the Beauty of the Community Through Walking Tracks

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Problem Statement:

It is necessary for every individual to remain physically active. Our community was much condensed in this regard. Because of the saturation and intense traffic on roads, several problems exist. People in society are suffering from different diseases like chronic sicknesses, such as heart disease and cancer. Similarly, because there are no walking tracks, there are a lot of problems and a greater chance of having several accidents. Similarly, it is not possible to walk on roads, especially in circumstances when there is huge traffic. In order to overcome it, there need to be walking paths (footpaths) where the individuals of the society can not only walk but also allow people to walk on that particular track instead of on roads.

Background Information:

It has been a major debate for a long time, as previous societies' planning didn't account for having any area reserved for walking paths. As society develops, individuals' movement also increases, making it difficult to walk on roads as there is heavy traffic nowadays. By having these kinds of walking tracks, there is a chance that one could overcome saturation on roads.

Similarly, through these walking tracks, one is able to do morning walks in order to remain physically active. It is one of the best ways to improve health and well-being, and such activity is suitable for everyone. However, in a particular context of walking, one can make it an attractive activity and promote walkability within a specified community. In addition to encouraging walking, there is a need to enhance the outlook and provide facilities like walking footpaths, which would attract people and help improve the community's beauty. Whether going on a challenging bushwalk, school walk, long night walk, or a leisurely Sunday afternoon stroll, walking tracks are your best option if proper tracks are available (Neatt, Millward & Spinney, 2017).

In this report, I'll put forward the essential features that one should consider regarding the effectiveness and inevitability of walking paths within any particular community.

Enhancing the beauty of the community through walking tracks:

One needs to be sure that walking tracks within any community-structured program and development phase help increase the community's value and improve society. There might be a chance that they attract outsiders towards it and influence them to live there. So, walking paths not only enhance personal health but also help develop the financial strength of society. For instance, there was a location where there was a walking path and at the same time a location with no footpath for people to walk upon. It was evident that the society having a walking path must have more economic value than that of another particular place (Cohen et al., 2007). Correspondingly, in all those walkability communities, the lifestyles of individuals are also enhanced. It is evident that it not only enhances the lifestyle but also highlights fiscal measures when compared with other societies within the defined region.

On the other hand, one also observes that by having such walking tracks, individuals can explore nature and observe the beautiful environment and its surroundings. Likewise, they also enhance the visual look of our society. According to Saeidi, most beautiful sites have to be observed on foot, while walking trails are one of the main elements of the home community, which define the environment's presence and condition (Saeidi et al., 2017).

There are many other aspects by which one realizes the importance of walking tracks, such as through these footpaths, where one can develop an emotional link between the environment and its users. Walking is the means by which somebody can enjoy the beauty of the community and slowly can feel peace and calm. It also develops the associations between visual value and the community's physical appearance. According to this, walking ability and its relationship with people's lifestyles are vital.

Walking tracks are important for Physical Health.

For a very long time, it has been recognized that walking is the best exercise for maintaining health. Walkability relates positively to the well-being of any human. There is a correlation between physical action, lifetime satisfaction, good health, and perceived physical function. Walking can provide extensive fitness benefits, inspiring societies to walk daily. People need safe places to walk where they can relax and reduce their tension. There is no safer place than their home society walking tracks (Napier, Brown, Werner & Gallimore, 2011).

Individuals don't want to go outside their society, as younger individuals walk, and others like elders need to walk because of health concerns. Evidently, walking is the most influential communal health practice (Cohen et al., 2007). It is the easiest method to uphold a physically active routine. Walking is a year-round technique that can be done by people of any age, no matter whether they are old,

middle-aged, or young. Even people with some physical or mental disabilities can walk easily. A daily walk can improve cardiovascular fitness, decrease extra body fat, strengthen bones, and boost energy levels.

Social Aspect for Having Walking Tracks:

Neighborhood walkability is vital to organizers and plan makers in community health, transportation, and land usage while making societies. Many researchers show that walking paths can affect social circles within the society. Parent and child observations of walkability to school are positive, increasing society's associations with walking tracks (Napier, Brown, Werner & Gallimore, 2011).

Children who cannot drive or whose schools are nearby can easily walk to the school or ride a bicycle. Children limited to the immediate distance can also enjoy walking paths while playing, enjoying their leisure time, or meeting their friends (Hume et al., 2009). Tracks provide an opportunity for people to experience and talk with each other. It is the best way for residents in low-income, minority communities to interact with others or enhance physical activities (Ball et al., 2007).

Walking is the best strategy if an individual wants to set and think about his own goals and plans. It can also be a social event; for example, a walking group or exploring people with compatible souls and minds. Walking with people can also relieve feelings of loneliness or isolation (Wood, Frank & Giles-Corti, 2010). Lastly, in conclusion, one needs to be sure that walking can give new ideas on improving environmental strategies, such as support for neighborhood walking tracks, as well as personal and social factors, only if proper walking tracks are available within the society.

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