



Welcome to NashVitality News! Every month we bring you healthy, active and green events and resources making Nashville a great place to live, learn, work, play & worship.

## Walk 100 Miles with the Mayor



Mayor Karl Dean is inviting all Nashvillians to join him in walking 100 miles during the summer of 2014. This citywide health challenge is designed to encourage people of all ages and fitness levels to get regular physical activity – walking is a free and easy way to do that! Participating in the challenge is simple. Start by creating a profile on the Walk 100 Miles website and then log your physical activity. Everyone who logs 100 miles of walking (or running) by the end of August 2014 will receive a free t-shirt that proudly boasts “I Walked 100 Miles with Nashville.”

To meet your 100-mile goal, you can walk on your own or walk with a group. Mayor Dean is holding several “Walk with the Mayor” walks each month through the end of the challenge. Visit the [Walk 100 Community Calendar](#) for dates and locations.

Also, if you are a smartphone user, be sure to download (or update) the NashVitality app, a free mobile guide to being healthy, active and green in Nashville. With the latest version of the app, Walk 100

## News & Events

Nashville's work to address chronic homelessness was recently highlighted in the *New York Times*. Will Connelly, Director of the Metro Homelessness Commission, reported that since last June more than 500 homeless individuals have been placed in permanent housing. [Click here](#) to read the article and here to learn more about [How's Nashville](#).

Check out the American Public Health Association's Storify on [5 Tips for Making Pedestrian Safety a Priority in Your Community](#)

Metro Nashville Public Schools (MNPS) recently announced that all MNPS students will be eligible to receive free breakfast and free lunch beginning this year! [Click here](#) for more information

Join Mayor Karl Dean to walk the Riverwalk Section of [Harpeth River](#)

participants can now track their miles. Just select "Record a Workout" from the app's home screen to get started.

[Click here](#) for more information or to get started

## Bike Friendly Nashville

Nashville continues to become a more bikeable city as additional buffered bike lanes are constructed. Buffered bike lanes are conventional bicycle lanes paired with a designated buffer space separating the bicycle lane from the adjacent motor vehicle travel lane and/or parking lane.



*Buffered Bike Lane on Demonbreun*

Metro Public Works is installing a new buffered bike lane that will cover the limits of Demonbreun from the roundabout to just shy of 12th Ave South. Currently, the buffered bike lane has been completed from 12th Ave to 14th Ave. Also, Shelby Ave/Korean Veterans Boulevard (KVB) has recently had buffered and traditional bike lanes installed. The buffered section is along the KVB and interstate bridge section of Shelby Ave.

Also adding to Nashville's bikeability, a new B-Cycle station was recently constructed at Saint Thomas Midtown. [Click here](#) to view a map of all B-Cycle locations

[Click here](#) for information on bicycle safety in Nashville

[Greenway](#) from 6 PM until 7 PM, Monday, June 23. NOTE: The Harpeth River Greenway is relatively new and could be difficult to find. [Click here](#) for directions from Nashville.

Mayor Dean is also scheduled to walk at [Ft. Negley/City Cemetery](#), from 6 PM until 7 PM, Wednesday, June 25.

There are several upcoming workshops being offered by the Nashville Public Library's Seed Exchange. Plant Diseases and Diagnostics, Fermentation, Seed Saving, Water, and Container Gardening are among the offerings.

[Click here](#) for information on locations, dates and times of these workshops