



PARK Roanoke Newsletter

MAY 2013

www.roanokeva.gov/PARKRoanoke

May 9, 2013

Volume 1, Issue 1

Parking and Walking... a Healthy Connection

Did You Know?

- Market Lot Lunch Time
Rate is \$1 from 11 am to 3 pm.
- Early Bird Rate is \$3 at Campbell Garage for entry before 9 am.
- We can email you a receipt after each payment. Just give us a call.
- We now accept in-office debit and credit cards, Visa, MasterCard, and Discover.
- Our rooftops are for Rent! Ideal for your summertime parties and events.

Call us at 343-0585 for details and information.

Visit our Facilities:

Campbell Garage
Center in the Square
Church Avenue Garage
Elmwood Park Garage
Gainsboro Garage
Market Garage
Tower Garage
Elmwood Lot
Gainsboro Lot
Higher Education Lot
Market Lot
Warehouse Row Lot

PARK Roanoke
117 Church Ave., SW
Roanoke, VA 24011
(540) 343-0585
parking@roanokeva.gov



View of the Dr. Martin Luther King, Jr. Memorial Bridge near Gainsboro Garage.

Parking is not always about cars. It's really about people. Parking, walking, bicycling, ridesharing are all important factors for a healthy community. Whether you are working or living downtown, the City offers a mobile and pedestrian friendly environment. It is possible to *PARK Once* and walk to your destination or to explore all that the city has to offer. PARK Roanoke is promoting a healthier lifestyle by encouraging more walking or simply taking the stairs. It's one easy way to improve your health and wellbeing. Health professionals recommend 30 minutes of moderate physical activity daily for 3 or more days a week. Adults can reduce their risk of developing heart disease, diabetes, and high blood pressure, and also improve their quality of life by adding a modest amount of physical activity to their day. One way to achieve daily physical activity is to take advantage of resources available each day such as your nearby Parking Garage or Lot. Incorporate stairs or walking into daily activities that you would be doing anyway. Studies have shown that people are most likely to stick to exercise when it is a part of their daily lives.

Here's some ideas on how Parking with PARK Roanoke can help you.:

- * Park in the farthest parking spot and walk the rest of the way
- * Use the stairs instead of the elevator
- * Can't make it to the top? Try taking the stairs down rather than the elevator
- * Park farther from the stairs or elevator

Even brief bursts of activity such as a 10 minute walk can improve your concentration, creativity, and performance! Do a little bit more and a little more often! Walk around the building, parking garage or lot before you go to your car. Schedule time in your day to take a walk. Start with 10 -15 minutes a day. During a ten minute walk, a 150 lb person burns 44 calories while walking at a moderate pace. Gradually build up the time spent walking until you can easily walk a minimum of 30 minutes a day. Walking is a great way to start being active more often. Once you start looking for opportunities to walk, you will be amazed at how many there are. Small changes make a big difference over time!

Visit our website: www.roanokeva.gov/PARKRoanoke

We've recently added new information to our website and it's continually being improved with more newsworthy resources and information.

The new page "Community & the Environment" provides information on Greenways, Bicycle Racks, and Transportation Links. We also have a free downloadable "Must Read Manual for Teen Drivers." Having problems parallel parking? Then reading this guide is a must.

"News & Information" keeps you updated with press releases, parking at festivals, street closures, and newsworthy topics. There's even a page listing all of the "Free Parking" in PARK Roanoke garages and lots. Information on "Parking Safety" and even on "Merchant Validation Programs" is explained. There is a link to PARK NOKE, Downtown Roanoke Inc.'s new Parking App for iPhones and I Pads. Look also for interactive parking maps. If you have ideas for information you'd like see, give us a call at (540) 343-0585.



Thanks for Parking with PARK Roanoke!