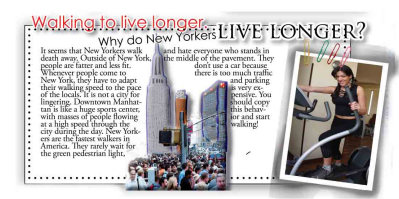


Walking to live longer. Why do New Yorkers live longer?

Written by  
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Walking to live longer. Why do New Yorkers live longer?

It seems that New Yorkers walk death away. Outside of New York, people are fatter and less fit. Whenever people come to New York, they have to adapt their walking speed to the pace of the locals. It is not a city for lingering. Downtown Manhattan is like a huge sports center, with masses of people flowing at a high speed through the city during the day. New Yorkers are the fastest walkers in America. They rarely wait for the green pedestrian light, and hate everyone who stands in the middle of the pavement. They don't use a car because there is too much traffic and parking is very expensive. You should copy this behavior and start walking wherever you may live!

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