

BUILDING HEALTHY COMMUNITIES



Active Transportation

Active transportation is a term used to describe any form of human-powered, non-motorized transportation such as walking, cycling or rollerblading. Active transportation can be part of your everyday routine for getting to work or school, to shop or visit friends.

Using your own energy to get places increases your overall level of physical activity. Active transportation improves individual and community health by providing opportunities for physical activity and being around other people. Air quality and road safety are improved when there are more people and fewer cars on our streets. Many car trips are short in distance and could easily become walking or cycling trips.

Consider changing your mode of travel for even a few of these short trips, and gain improved health and well-being.

PUBLIC HEALTH

1-877-464-9675

york.ca/healthybuiltenvironment

19-5254

DID YOU KNOW?

- Only 1 in 10 children and youth, and 1 in 5 Canadian adults are getting the recommended amount of moderate to vigorous physical activity, even though the health benefits of physical activity are well known.
- Only half of York Region residents are physically active during their leisure time.
- Canadians make an average of 2,000 short trips per year and 92% of these trips are by car.
- York Region residents made 2.1 million trips daily in 2016, and 78% of these were by automobile.
- Communities that plan for cars will get more cars. Communities that plan for pedestrians and cyclists will get more pedestrians and cyclists.

**York Region**

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You make a difference when you. . .

- Assess the walkability of your neighbourhood. Identify strengths and areas that need improvement. Use the checklist from icanwalk.ca
- Instead of relying on a vehicle, build physical activity into your daily routine by walking or cycling to nearby places
- Using active transportation will help you to meet Canadian Physical Activity Guidelines which recommend 150 minutes of physical activity every week for adults and 60 minutes every day for children and youth aged 5-17 years
- Speak with your neighbours and friends about issues affecting active transportation in your community and discuss ways to address them
- Learn more about your municipality's official plan and the future plans for active transportation in your community

Municipalities show leadership when they. . .

- Plan for compact and mixed use land development. Compact communities reduce distances to work, school, shopping and recreation
- Make streetscapes safe and appealing for pedestrians and cyclists. Examples include proper lighting, bike lanes, sidewalks, benches, crosswalks, landscaping and suitable signs and crossing signals
- Create places for people in your community. When we have places to gather and socialize, the fabric of our community improves
- Regularly maintain and upgrade sidewalks, trails and walkways so they are safe and convenient for pedestrian movement throughout the year
- Provide the facilities necessary for active transportation – bike racks and storage, showers and lockers, and encourage businesses and employers to do the same

BE AN ACTIVE PARTNER WHERE YOU LIVE, LEARN, WORK AND PLAY.
Participate in building healthy communities!