

ALERTS: Get the latest on our response to COVID-19 | Red-Control zone now in effect | COVID-19 vaccination appointments now available for York Region residents 75 years of age and older and eligible frontline healthcare workers

ACTIVE TRANSPORTATION

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Active Transportation

Going Somewhere? Go Active!

Using active modes of transportation is a great way to be active throughout the day. Active transportation improves our health and the health of our communities. Being active also lowers our healthcare costs by increasing the number of people who choose to walk or bike, which in turn can help our population with attaining a healthy body weight, a reduction in heart disease, and Type 2 diabetes.

Cycling and walking also make our roads safer by reducing congestion and the number of conflicts that occur by overcrowded streets. Furthermore, active transportation increases eyes on the street for enhanced neighborhood safety.

Benefits of Active Transportation

- Improves health and wellness by increasing daily exercise

- Improves student academic success
- Children and youth who engage in regular physical activity report having higher self-esteem
- Enhances school safety by decreasing the volume of vehicles in school zones
- Increases time spent with family and friends
- Builds awareness of your community and neighbourhood
- Improves physical activity levels in York Region
- Conserves energy
- Reduces road congestion, pollutants, greenhouse gas and CO₂ emission which improves air quality
- Reduces impact of pollution including pollution-related illnesses such as cardiovascular disease, stroke, cancer, asthma and other respiratory diseases

Try Leaving Your Vehicle at Home

Going to School? Go Active!



Related Resources

- [Physical Activity Resources](#)
- [Outdoor Air Quality](#)
- [Pedestrian and Traffic Safety Program](#)

External Links

- [Canada Walks](#)
- [Get Healthy & Fit with Active Transportation](#)
- [Mobilizing Knowledge on Active Transportation](#)
- [Hike Ontario](#)
- [Oak Ridges Trail Association](#)
- [Ontario Trails](#)
- [ParticipACTION](#)
- [Idle-Free Zone](#)
- [Idle-Free Campaign Kit](#)
- [100 Reasons To Walk \(For Your Health\)](#)

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PHONE

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TTY (for the deaf or hard of hearing): 1-866-512-6228

Accessibility

Accessible formats or communication supports are available upon request

[More contact info >>](#)

Related Pages

- [Beach Water Testing](#)
- [Create a Healthy School](#)
- [Customer Feedback Form](#)
- [York Regional Forest](#)