



Active Transportation

Active transportation (AT) is any form of human powered transportation that gets you to and from work, school, shopping, appointments, recreation, visiting friends, etc.¹ In other words, AT is 'physical activity' with 'purpose'. Walking and cycling are the most popular forms of AT and are often combined with other travel modes such as public transit.

The Problem...

Physical activity is good for health at all ages yet only 22% of Canadian adults achieve the recommended amount of 150 minutes per week and 9% of children & youth achieve the recommended 60 minutes per day according to the Canadian Guidelines.^{2,3}

Active Transportation can be part of the solution!

Active transportation is a way to make physical activity a regular part of everyday life. It is also good for mental health, overall well-being, safety, the environment and the economy.^{4,5}

Benefits of Using Active Transportation

- Reduced risk of several chronic diseases
- Improved fitness
- Healthier body weight
- Positive mental health
- Reduced stress
- Improved productivity at school and work
- Reduced motor vehicle-related injuries and deaths
- Improved air quality
- Reduced greenhouse gas emissions
- Reduced spending on gas and parking



In the News

- Canada needs an active transportation strategy NOW!
- Cycling to Work is Good for Health
- Check out Ontario's Cycling Strategy – new Action Plan 2.0!

- Improved social connections

Active & Safe Routes to School (ASRTS)

ASRTS is a community partnership across Elgin, Oxford and Middlesex Counties and the cities of London and St. Thomas.

They work together to encourage children and families to choose active transportation.

School Travel Planning (STP) is their primary program that encourages active transportation to and from school by developing an action plan to build upon strengths and work to remove concerns around the school.

Community Design & Active Transportation

The design of neighbourhood streets, buildings and facilities can influence everyday transportation choices. Active community design makes it easier for people of all ages and abilities to live active lifestyles. Find out how to design a healthy community:

- Neighbourhoods
- Housing
- Transportation
- Public Spaces

The Ontario Professional Planners Institute calls for widespread action to implement an active transportation (PDF) system that prioritizes a complete streets approach for all road users when it comes to road design and community development.

Get moving with Active Transportation as part of a healthy lifestyle!

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Resources