



## Active Transportation

Active transportation is a great way to fit regular physical activity into your day! Active transportation refers to any form of human-powered transportation – walking, cycling, using a non-motorized wheelchair, snow shoeing, skiing, skating or skateboarding. Sometimes, a trip to the corner store will be more enjoyable if done by bike or by foot.

## Benefits of active transportation

- Improved public health and reduced healthcare costs by fighting obesity and chronic illnesses like heart disease and Type 2 diabetes.
- Reduction in greenhouse gasses emission by reducing your carbon footprint.
- Economic savings on a second vehicles, fuel and parking.
- Reduction in traffic congestion issues
- Increase access to children, youth, seniors, low income residents and individuals with disabilities that do not permit them to become licensed to operate a vehicle

Every year, more and more Canadian cities are making active transportation a priority and enjoying the benefits of having more healthy and sustainable communities. Here are some examples of how to support active transportation:

## Municipalities that support active transportation

- Offer safe cycling routes within its community.
- Encourage its residents to share the road with cyclists and pedestrians.
- Ensure the safety of pedestrians and cyclists of all ages by putting in place infrastructure and barriers.
- Maintain pedestrian sidewalks and cycling routes throughout the seasons.
- Provide bicycle racks throughout the community.
- Develop a network of trails and cycling routes designed for both recreation and active transportation.
- Ensure the street designs are pleasing and inviting for pedestrians and cyclists
- Ensure there are adequate green spaces and parks.
- Make access to public transit easy for pedestrian and cyclists.
- Encourage feedback from citizens, pedestrian and cycling groups.

## Workplaces that support active transportation

- Provide secure bicycle storage, lockers and shower facilities for employees.

- Allow more flexible dress codes for those who jog and/or cycle to work.
- Organize workplace challenges, employee recognition programs or support community events to increase awareness.
- Work with the municipalities to map out safe and efficient routes to work and to address safety concerns.
- Encourage its employees to walk rather than drive when possible.
- Offer or subsidize safe cycling clinics for their employees.

## Schools that support active transportation

- Support and encourage their students to adopt an active way to get to school.
- Work with the municipality to identify safe routes for children and to address safety concerns.
- Install bike racks at the school in a prominent location for suitable monitoring.
- Encourage parents to form "guided walks" to and from school for young neighbourhood children.
- Have teachers work with children to identify the safest routes to get to school while teaching children about traffic and pedestrian safety.
- Offer cycling skill and safety courses.
- Work with parents, motorists and the community at large, to make the trip to school a safe trip for children and youth.

---

**Tagged With:**   cycling   education   physical activity   schools   transportation   walking   workplace

