

Healthy Measures: Fast Facts about Active Transportation

Active transportation is any mode of human powered transportation such as walking, cycling, rollerblading, skateboarding, snowshoeing, wheel chairing and even kayaking or using a pogo stick to get you where you are going!

Why does active transportation matter?

- It improves your health and reduces your risk of high blood pressure, heart disease, Type 2 diabetes, stroke, depression, obesity and some cancers
- It's emissions-free, making it a powerful tool in the fight against climate change and air pollution
- It's integral to almost all trips made using public transit
- It improves safety for road users and everyone else by reducing car use and adding "eyes on the street"
- It brings real economic benefits by reducing the social costs of transportation, revitalizing commercial areas and boosting tourism
- It's highly accessible to everyone!

So, if you are [going somewhere...think about engaging in physical activity and go active!](#)

For more information on physical activity, call York Region *Health Connection* at 1-800-361-5653 or TTY: 1-866-252-9933.

Healthy Measures: Eat Well, Be Active and Be Yourself!