

go active!



Active Transportation is any form of human-powered transportation. You choose the mode. Walking, cycling, wheeling, rollerblading and skateboarding are all active ways to get you where you are going.

By leaving the car at home more often and choosing to walk, cycle, rollerblade or skateboard, you can improve your personal health and help to improve air quality in your community by reducing emissions that contribute to smog and climate change.

Make a difference the next time you need to get somewhere... *go active!*

Make active transportation a daily part of your lifestyle!

- Check your local recreational centre for information on community activities and walking clubs
- Go for a walk — check out your neighbourhood
- When going to a restaurant or store, choose one within walking or cycling distance
- Walk, cycle or rollerblade in local parks and on trails within your community. Visit www.york.ca to find cycling and pedestrian trails
- Walk, cycle or rollerblade to work or to the closest transit stop on your way to work
- Check the Air Quality Health Index each day and learn when to be active and when to take it easy, visit: www.airhealth.ca
- Join thousands of others participating in 20/20 The Way to Clean Air and become part of the solution to air pollution, visit: www.cleanairpartnership.org/2020
- Go Active, leave the car at home and actively get to where you are going

GOING SOMEWHERE? *go active!*

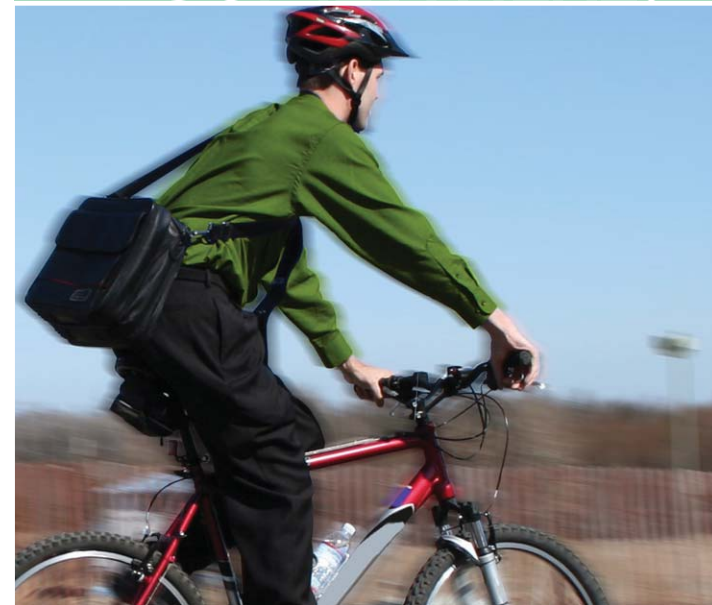
For more information on active transportation, contact York Region **Health Connection** at

1-800-361-5653

or visit www.york.ca/health



GOING SOMEWHERE?



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Make a difference the next time you need to get somewhere...





Active Transportation and your health

- Not only is taking the bus cheaper than driving, but riding a bus is 10 times safer than driving a car¹
- Studies have shown that for every 10 minutes a person spends in a daily car commute, time spent in community activities falls by 10 per cent¹
- Childhood and adult obesity rates have been climbing steadily for the past 30 years — a serious health problem in Canada — these rising rates are directly linked to a lack of physical activity amongst Canadians²
- Research indicates the risk of obesity can decline by 4.8 per cent for every additional kilometer walked per day and can increase by 6 per cent for each hour spent in a car per day²
- The Ontario Medical Association estimates that air pollution contributes to approximately 9,500 premature deaths each year in Ontario³

Active Transportation and the environment

People who use active and sustainable modes of transportation are at a lower risk of exposure to air pollution. In fact, drivers and car passengers are exposed to up to 10 times more pollution than pedestrians, cyclists or transit users. Many of the most common pollutant levels are at higher levels during peak rush hour periods.⁴

By decreasing our use of motorized modes of transportation, we can help reduce the effects of automobile emissions on our health and the environment. Take action today to protect your health and improve air quality in your community.

Make a difference the next time you need to get somewhere...

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Active Transportation is a great way to spend time with your family and friends, while adding enormous benefits to your health. No matter what the size of your community, it is easy to find fun and affordable ways to be active.

WALKING: Make it a regular part of your day

- Organize a walking group with others who share your interests — visit local parks and trails in your community
- Take the stairs instead of the elevator
- Park your car further away at the mall or at work, so you can walk the extra distance
- Take a walk-break around the building during the workday
- When looking for a restaurant or store, choose one within walking distance
- Walk to work, it is an easy way to incorporate physical activity into your day
- Shop locally — leave your car at home



CYCLING: A great way to get around

- Instead of spending time stuck in traffic, ride your bike to work — save time, money and get health benefits
- Try cycling in local parks and on trails in your community
- Ride your bike a few miles a day to improve muscle strength, coordination, and flexibility
- How much you ride will depend on your fitness level and lifestyle - it is easy to take your bike to the local store or restaurant
- Cycling is a great addition to any weight management program; cycling for just 15 minutes five times a week, burns off 11 pounds of fat a year and meets requirements for reducing health risks⁵



ROLLERBLADING: Have fun, stay fit... get where you're going

- Blading provides you with a fantastic lower body workout by strengthening and toning your leg muscles
- Consider rollerblading to work or on a lunch break
- Try rollerblading on local trails in your community
- Blading in scenic locations or with good company is a great way to improve mental health and brighten your mood
- Blading provides opportunities for socialization and networking

CARPPOOLING and PUBLIC TRANSIT: A simple way to save money, reduce traffic congestion and conserve energy

- Get to your destination faster by using carpool lanes and designated parking spots
- Combining walking or cycling with public transit is also an active way to get where you are going
- Save money on gas and parking — carpooling and public transit can cut travel costs by 50 to 70 per cent
- Commuting alone costs an average of \$9,000 per year
- One busload can take up to 40 cars off the road and save 70,000 litres of fuel
- Connect your workplace with trip reduction services offered by Smart Commute www.smartcommute.ca
- Reduce emissions by carpooling to work — find carpool matches at www.carpoolzone.ca



SAFETY: Things to consider

Before beginning any type of exercise or fitness program, it is important to check with your doctor to make sure you have no health risks related to an increased level of physical activity. Here are some safety tips to consider before you start any active mode of transportation:

- Make sure your equipment is in good repair
- Always wear protective gear such as a helmet, elbow/knee pads when riding a bike or rollerblading
- Drink plenty of fluids and use sun protection especially if outdoors for a long period
- Be aware of the rules of the road and watch for hazards

Sources:

1. Go for Green website
2. Heart and Stroke Foundation of Canada
3. Ontario Medical Association WebLink: Ontario Doctors Caring for You. June, 2008
4. Climate Change Connection, Manitoba
5. Leeds Cycling Action Group: Cycling and Health
6. Health Canada