



## **Active Transportation (AT) refers to any non-motorised form of travel.**

Typically walking and cycling receive the most attention, but AT also includes skateboarding, kayaking, in-line skating, and others.

AT is increasingly recognized as a way to address significant health and environmental issues.

The Municipality of Chester is committed to promoting AT, making it a planning priority, and working with other government agencies to improve roads and other infrastructure.

*The goal of AT planning is to make active travel the most attractive way of getting you where you need to be.*

Active Transportation helps us integrate physical activity into our everyday lives.



# 2/3 of Nova Scotians are not active enough to achieve health benefits

Planning for, and integrating AT into our lives can have a positive impact on our:

- Health - diabetes, obesity, cancer, heart disease
- School safety and traffic
- Liveable communities
- Businesses
- Family unity
- Road safety (for ATers and motorists)
- Physical activity rates and habits
- Greenhouse gas emissions
- Clean air
- Tourism
- Personal energy and productivity
- Income (save money on gas and parking)
- Land use (offset parking spaces, build destinations within AT distance)
- Children's academic performance
- Personal freedom
- Employment equity
- Traffic congestion
- Street accessibility
- Inter-modal transportation connections

## The Pillars of AT planning:

1. Engineering
2. Education
3. Encouragement
4. Enforcement
5. Policy
6. Planning

The Municipality now has an Active Transportation Policy that will ensure that we annually consider each of these pillars for all of our communities.

**The average Canadian make 2,000 car trips of less than 3km a year.**

## The citizen's role:

- Analyse the barriers and opportunities
- Share your ideas, needs, and inspirations
- Walk and bike daily for recreation or commuting
- Teach your children well
- Enjoy the benefits

## An opportunity:

2006 District of Chester Mode of Transport for Work

