

JOIN THE MOVEMENT FOR A *Healthier Future!*

Use Active & Public Transportation



Active transportation refers to human-powered travel, like walking and cycling, while public transportation describes shared methods of travel, like buses and trains. Both provide an easy way to incorporate exercise into your day. For example, a Montreal study found that the average person takes about 2,500 steps for one round trip on public transit.



Getting started is easy. It only takes 12 minutes to walk 1 km or 4 minutes to cycle. This means you can easily walk to destinations within 1-2 kms of you and cycle to those within 5 Ms.

Think about places you travel to often, like school or work. Combining active and public transportation, or using an e-bike, can help you get even further. Visit your community's transit website or download a maps/transit app to help select the best routes for your destinations.

To support healthy and livable communities, ask your government to enhance active and public transportation options in your community (e.g., bicycle lanes, sidewalks, bus/train routes).

Why Make The Switch?

01

Improves Health



By creating opportunities for physical activity, active and public transportation can reduce your risk of developing chronic diseases like diabetes, heart disease, and some cancers. Each hour of moderate to vigorous activity/week can reduce the risk of premature death by 4-9%.

Active transportation can also improve mental health because physical activity improves self-esteem, reduces stress, and enhances feelings of happiness and satisfaction.

02

Reduces Pollution



Cars are one of the most substantial sources of air pollution and greenhouse gases that contribute to climate change. Per person, public transit produces fewer emissions than driving, improving air quality and slowing climate change.

03

Saves Money



Driving a motor vehicle can be expensive when you consider the cost to own, insure, and maintain a vehicle. Estimates suggest that it can cost about \$10,000 a year to own a car. Active and public transportation are a low-cost alternative way to travel.

04

Controls Weight



Active transportation can help you maintain a healthy weight. One study revealed a 4.8% reduction in the risk of obesity for each additional kilometre walked daily, while the risk increased by 6% for every hour spent in a car per day.

05

Increases Access



In a typical community, 20-40% of people do not drive due to age, ability, or expense. Active and shared modes of transportation take up less space (for roads, parking) and can provide greater access to jobs, schools, services, and recreation.

06

Improves Safety



Transit users are 20 times less likely to be involved in a fatal vehicle-related collision than those who travel in cars.



07

Creates Community



With more opportunities to interact with others, you can contribute to a friendly and safe community environment.

