### We each have our own reasons.

Whether it's for personal health, fitness, quality of life, the environment, saving money on gas, or pure enjoyment, there are lots of good reasons to get involved.

Active transportation is a big part of being alive. How far we each take it depends on our own needs and how we decide to live.

## Why do we need more active transportation?

Everything from increased tourism to healthier kids, from money savings due to worker productivity and lower health care costs, from cleaner air to thriving communities . . . the benefits to Manitoba are well-known.



## Why is change needed ?

Active transportation has unlimited potential, but we require support, planning and action. The key is making it the easiest choice whenever possible.

We need connected bicycle paths, in towns and between them.

We need to encourage kids to walk to school.

We need safer street crossings and safe speeds.

We need better access to bicycles in remote communities.

..and so much more.



#### How can I make a difference

The simplest thing you can do is to get out there:

Walk to work. Bike to school. Just try it.

It's not as far as you might think.

Make small changes around you. Even if it's installing a bike rack, the little things add up.

Join a local trail committee.

Tell people that you would like to see bike lanes on the road and safer routes to school for your children.

# An Introduction to Active Transportation.



To share your ideas or ask questions, contact us:

Active Transportation Project Coordinator (204) 294-7027

activetransportation@pacm.ca



#### Who participates?

Everybody. In fact, almost every trip starts (and ends) with active transportation.

#### What is Active Transportation?

Active transportation is defined as any self-propelled mode of transportation that relies on the use of human-generated energy.\*

#### Where is it done?

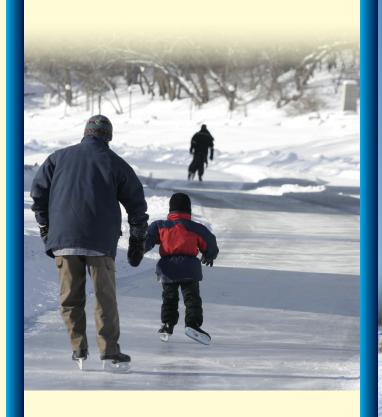
From Cross Lake to St.Pierre-Jolys, from Churchill to Emerson, active transportation is a big part of how all Manitobans move.

Active Transportation users make use of on-road infrastructure (like bike lanes and highways) or offroad infrastructure (like sidewalks, bike paths and ski trails), or any combination of these.

#### When do we do it?

Every day.

Active transportation is something people do year round, no matter the weather or the climate.



Why do we do it?

(see over)



#### P.A.C.M. members:

**Active Living Coalition for Older Adults** 

Active Living Alliance for Canadians with a Disability

**Canadian Cancer Society-Manitoba Division** 

**Canadian Diabetes Association** 

**Canadian Physiotherapy Association - Manitoba Branch** 

City of Winnipeg

**Doctors Manitoba** 

**General Council of Winnipeg Community Centres** 

**Gimli Community Health Centre** 

**Green Action Centre** 

**Health in Common** 

**Heart and Stroke Foundation of Manitoba** 

**Manitoba Aboriginal and Northern Affairs** 

**Manitoba Association of School Trustees** 

**Manitoba Education** 

Manitoba Exercise Professionals Association

**Manitoba Fitness Council** 

Manitoba Healthy Living, Youth and Seniors, Healthy Living and Populations

Manitoba Healthy Living, Youth and Seniors, Recreation and Regional Services

**Manitoba Physical Education Teachers Association** 

Manitoba Psychological Society

**Manitoba Society of Occupational Therapists** 

**Manitoba Sport Secretariat** 

Osteopososis Canada - Manitoba Chapter

**Parkland Regional Health Authority** 

**Public Health Agency of Canada** 

**Recreation Connections Manitoba Inc.** 

Reh-Fit Centre

Rose and Max Rady Jewish Community Centre

Sport Manitoba

University of Manitoba - Faculty of Kinesiology and Recreation

Management

**University of Winnipeg** 

Wellness Institute

**Winnipeg Regional Health Authority** 

For the complete membership list, or to become a member, please visit pacm.ca.









<sup>\*</sup> The definition is extended to include those individuals where medically-prescribed assisted mobility is required.