



Physical Activity Coalition of Manitoba

## Position Statement on Active Transportation

### **MISSION**

The mission of the Physical Activity Coalition of Manitoba (PACM) is to support increased physical activity among Manitobans through collaboration, promotion and education.

### **VISION FOR ACTIVE TRANSPORTATION**

The Physical Activity Coalition of Manitoba envisions healthy, vibrant communities where citizens use Active Transportation as the preferred mode of travel in their daily routine as part of a healthy, active lifestyle year round.

### **ACTIVE TRANSPORTATION**

Active Transportation includes any form of human-powered travel, primarily walking and cycling but can include other modes such as in-line skating and skateboarding.

### **PACM POSITION**

The Physical Activity Coalition of Manitoba supports Active Transportation because:

- increased physical activity improves physical and mental health, and decreases chronic disease and its economic burden
- walking, cycling and other modes of Active Transportation are an important part of a multi-faceted approach to increase physical activity
- walking and cycling to work contribute to a physically active work force resulting in higher productivity and lower absenteeism
- walking, cycling and other active ways to get to school increase the physical activity levels of children which improves readiness to learn and behaviour
- Active Transportation is a time-efficient way to build physical activity into daily routines by turning sedentary commuting time into active time

- integrating Active Transportation into routine travel creates an easily sustainable minimum level of daily physical activity
- increased pedestrian and cycling traffic at the local level contributes to a sense of shared community and increased social interaction within a neighbourhood
- reduced traffic noise and congestion improves quality of life for residents
- more pedestrians and cyclists in city centres contribute to vibrant, progressive and economically viable downtowns
- the increased presence of pedestrians and cyclists contributes to a sense of community safety and helps to deter crime and violence
- increasing the volume of cycling traffic decreases the rate of injury per cyclist
- lower volumes of motorized traffic and associated emissions reduces smog for respiratory health benefits
- reduced volumes of motorized traffic decreases harmful greenhouse gas emissions that contribute to global warming and climate change
- less motorized traffic reduces infrastructure demands to maintain and expand roads, bridges and parking facilities with the potential for significant cost savings

## **Turning the Vision into Action**

Achieving an Active Transportation vision for Manitoba will require a multi-pronged approach and collaborative action from all levels of government, workplaces, schools, businesses, organizations, communities, neighbourhoods and individuals to:

- engage the public in a dialogue to develop an Active Transportation strategy and implementation plan that works for Manitoba communities;
- educate motorists, cyclists and pedestrians to have the knowledge, confidence and courtesy to share the road and travel safely;
- promote awareness of Active Transportation and existing opportunities;
- reframe Active Transportation as a mainstream, time-efficient and economical choice of travel;
- integrate Active Transportation into policies and decision-making;
- incorporate Active Transportation into existing programs, services, strategies and communications that promote physical activity and healthy living;
- enhance facilities and infrastructure within an overall transportation network to encourage participation and remove barriers to Active Transportation; and
- create environments, cultures, infrastructure and policies at workplaces, schools, businesses and services that welcome Active Transportation.