

Blog Article



Why walking is the secret to an active life

We all know we should be more active, but over and over again physical activity drops down our list of priorities. Between work, family, errands – we have trouble fitting it all into our busy schedules. And the guilt! A guilty conscience is never far away if we choose to skip an exercise class for an episode of our favourite Netflix show, or drive to the grocery store when it's just around the corner.

But there's an easy solution. Active transportation, is defined as using your own body to get from one place to another, examples include walking, biking, wheeling, etc. This is much more doable than you might think, and it's the perfect alternative for those of us with busy schedules.

Walking or wheeling offers head-to-toe benefits that balance our minds and strengthens our bodies. Need proof?
No prob.

7 great reasons to create walkable communities



It's better exercise than you might think.

A major study comparing the health impact of brisk walking with running found that walkers benefited as much as runners from a reduced risk of high blood pressure, diabetes and coronary heart disease.



Good for body and mind.

Physically active people have up to a 30% reduced risk of becoming depressed and staying active helps those who are depressed to recover. For older adults, staying active can improve cognitive function, memory, attention and processing speed, and reduce the risk of cognitive decline and dementia.

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Mother Nature appreciates it.

Motorized vehicles emit toxic substances that harm our environment, our families and ourselves. By choosing active transportation, we're doing our bit for Mother Nature's health – and our own.



It's free!

All we need is our bodies (no special shoes, helmets, padding, sticks, brooms, balls, nets...). And we can walk or wheel just about anywhere for no cost: streets, parks, public tracks and trails and beaches, even shopping malls.



No road rage when you're an active commuter.

Studies have proven that walking releases endorphins, which stimulate relaxation – and the more endorphins, the calmer we feel.



Turn the volume down on noise pollution.

Road traffic noise is a major contributor to high noise levels. Over time, it can affect our hearing and sleep. Walking instead of driving helps reduce noise levels.



For children: role modelling, habit-forming.

Our patterns of mobility have a domino effect on our children: They see us walking or wheeling to the convenience store around the corner instead of driving, and odds are they will, too. Walking or wheeling from Point A to Point B also increases exposure to natural vitamin D from sunlight, particularly in the warmer months, which helps the body absorb calcium, an important mineral for bone growth, muscle development and nerve functioning.

Encourage your community to think about incorporating more active transportation into their daily lives and get them to track how it impacts their daily routine.

Share this **Motivation Tracker** with your residents to show them how they can make an active commute a part of their daily life. Ask them to track how it makes them feel, and they might learn to love it.