



# L.A.C.E. UP!

Live Active, Commute Environmentally

## WHAT IS ACTIVE TRANSPORTATION?

Active transportation is defined as human powered modes of transportation. The most popular modes of active transportation are walking and bicycling, however, snowshoeing, cross country skiing, etc. can all be considered forms of active transportation.

## ACTIVE COMMUTE CHALLENGE IS...

- a month-long event in early November;
- a friendly competition between MRA regions and communities;
- an initiative that can inform and motivate communities to adopt healthy lifestyle habits through physical activity and proper nutrition;
- locally hosted by school/workplace champions.

## PARTICIPANTS MAKE A COMMITMENT TO...

- make at least one trip to school/work not driving; and
- track their commuting information with their school/workplace champion.

## LEADING UP TO AND THROUGHOUT THE EVENT COMMUNITIES WILL BE SUPPORTED TO:

- reframe walking and cycling as popular activities for everyone, not just for enthusiasts;
- encourage community members that being active is not just a choice, but a way of life;
- complement active commute challenge with information, promotion and education: health benefits to **making daily active living choices**, healthy eating habits, and skills training (bike, snowshoe, cross country skiing) to improve confidence and safety, etc; and
- conduct fun and diverse events, such as walking school bus, bike to school/work day, or social media, that encourage widespread participation and invite people to try active modes of transportation.
- support active transportation and transit solutions (e.g., integrated public transportation systems, enhancing bike routes, creating incentives for people to drive less) and encourage employers and schools to do the same (e.g., bike storage; incentives for transit; drop zones further away; and supporting flexible work hours, including during lighter traffic times).
- support community efforts and planning processes for active transportation and public transit.
- encourage development and maintenance of active transportation routes that connect people to the places they want to go.

Promotional efforts of active transportation can have many benefits. They can shift the perceptions and preferences of individuals, build the desire for change among stakeholder groups, engage the private sector, help offset the dominant car culture of many communities.

*“In order to be successful we must create a climate in Canada where making the active choice is the default. Inactive modes of transportation to and from school, too much screen time and being too busy for free play are all contributing to Canada’s lagging grades in the comparisons. It will take many facets of Canadian society, working together, to shift behaviours to get our children and youth more physically active.”*

~ ParticipACTION Report Card

## OUTCOMES

Active transportation has many [benefits](#) for the individual, workplace/school, and community. Some are:

### HEALTH/SOCIAL

- Improve individual health and physical activity levels
- Increase social interaction and reduce social isolation
- Increase awareness and interest in active transportation
  - Daily physical activity
  - Improve community & individual quality of life
    - Reduce sick days

### ENVIRONMENTAL

- Decrease in pollution emissions
- Improve air, water, & noise quality
  - Reduce waste production
  - Reduce individual 'footprint'

### ECONOMIC

- Increase productivity for students **and** workers
  - Reduce workplace accidents
  - Reduce health care costs (LONG TERM)
  - Save money (gas, car, etc)

Boosting EVERYDAY active transportation is a leading recommendation from an extensive national consultation feeding into a pan-Canadian physical activity framework.