

Active Transportation: Give it try!



Active Transportation is defined as any self-propelled mode of transportation that relies on the use of human-generated energy, including individuals where medically-prescribed assisted mobility is required.

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

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

Info provided by: PACM (Physical Activity Coalition of Manitoba) www.pacm.ca

Get Involved

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.

Benefits

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 benefits from Active Transportation.

An easy choice

Take a walk to the post office or to the corner store, go for a bike ride on a local trail, encourage your kids to walk to school. Just try it!

Take action

Install a bike rack, join a local trail committee, and tell people that you would like to see bike lanes on the roads and safer routes to school for your children.

Active Transportation in your community

Recreation and active transportation are increasingly seen as an essential service.

Good activity options are a big factor in convincing families to stay in a community.

We are an aging society, and seniors deserve access to nature trails and smooth pathways for wheelchairs.

Every human-powered trip reduces the healthcare and environmental burden on society.

Each person and community has a role to play.



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