

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



Physical Activity Coalition of Manitoba

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 off-road infrastructure (like sidewalks, bike paths and ski trails), or any combination of these.

* The definition is extended to include those individuals where medically-prescribed assisted mobility is required.

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
Osteoporosis 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.



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