

4. Get a community bikeshop started.

Many communities are too small to support a full-fledged bicycle business, yet the skills needed to fix a bike are very accessible and can be shared easily once you have the tools.

Access to a small, volunteer-managed workshop in a local school or community centre can make a big difference. A little investment in tools, coupled with a few knowledgeable volunteers and a little training, can go a long way.

5. Create an active transportation plan.

Longterm plans reveal exciting opportunities, provide context and help justify big expenditures. Most importantly, a plan helps get priorities integrated into other projects, ensuring continuous improvement and efficiency.



Why get involved ?

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 municipality has a role to play.

5 Steps a Municipality Can Take Toward Increasing Active Transportation.



For more information or to get connected with people that can help, contact us:

Active Transportation Project Coordinator
☎ (204) 294-7027
✉ activetransportation@pacm.ca



Physical Activity Coalition of Manitoba

1. Recognize that active transportation is already happening, no matter what type or size of community.

Once we do this, we start seeing the world through different eyes. Whether it's a small village, or a remote hamlet, there are plenty of actions you can take.

2. Connect your pathways.

Connected trails get people moving (to schools, parks, grocery stores, other towns, etc.), are seen as a big improvement to quality of life, and strongly affect the decision to live in a community.



3. Help kids walk or bike to school.

School travel planning, a growing movement throughout the province, can help identify simple infrastructure changes, and municipalities can help by implementing them.



Each school's students have challenges getting to school on their own. In some towns it's a daunting highway crossing, in others it's a missing sidewalk. Even for those students who live too far away and need to take a bus, improvements help make it easier to get from school to practice, to the library, to the store.

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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