

# USING ACTIVE TRANSPORT

It's all about the journey!



## WHAT IS ACTIVE TRANSPORTATION?

Active transport is using your own power to get from point A to point B. This can include:



Walking



Biking



Skateboarding



Non-motorized wheel chairing



In-line skating / rollerblading

## WHEN TO CONSIDER USING ACTIVE TRANSPORTATION:



Getting the kids to school



Going to the corner store / coffee shop



Commuting to work



Attending appointments



Visiting neighbours

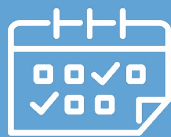
## WHY ONE SHOULD CONSIDER SWITCHING TO ACTIVE TRANSPORTATION:



Health benefits: getting exercise, reduced risk of heart disease



Save money on gas and parking



Time management: Fit exercise into your daily routine



Less pollution / greenhouse gas emissions



Reduces road congestion

## HOW TO GET STARTED?

### ROUTE FINDING

City of Edmonton cycling maps

- [Discover YEG Map](#)
- [Edmonton Bike Map](#)

Edmonton Community Walking maps

- [Communities on Foot Map Series](#)

### RESOURCES



- Local help is available for route finding, gear, safety and basic mechanical checks at [Bike Edmonton](#).
- Car vs. Bike calculator: [omnicalculator.com/ecology/car-vs-bike](http://omnicalculator.com/ecology/car-vs-bike)

### BIKE SECURITY

How to lock a bike securely

- You can lock your bike to a bike rack or any City signpost or parking meter unless otherwise posted
- Ensure that you lock your frame and wheels securely to the bicycle rack, signpost or parking meter
- Remember to secure any easily removable parts like seat, lights and front wheel

Use Bike Index

- [BikeIndex.org](http://BikeIndex.org) is a non-profit, online bike registry
- Anyone can register their bicycle for free
- Deters theft and helps reconnect stolen bikes to their owners



GETTING THERE CAN BE HALF THE FUN!



GREEN HEALTHCARE TOOLKIT

EOPCN GREEN FOR HEALTH COMMITTEE