

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
or coffee shop



Commuting
to work



Attending
appointments



Visiting
neighbours



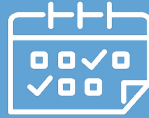
WHY ONE SHOULD CONSIDER SWITCHING TO ACTIVE TRANSPORTATION:



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

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 is a non-profit, online bike registry
- Anyone can register their bicycle for free
- Deters theft and helps owners reconnect with their stolen bikes



GETTING THERE CAN BE HALF THE FUN!



**GREEN
HEALTHCARE
TOOLKIT**

EOPCN GREEN FOR HEALTH COMMITTEE