

## What Is Being Done In Okotoks

An AT Committee has been established and over the next two years will:

### Identify AT Goals

The long-term goal is to transform an automobile reliant community to a place where motorists, public transit users, pedestrians, cyclists, and others share a common vision for an approach to future transportation desires and needs.

Identify links, extensions of existing community connections, bikeways, sidewalks and pathways; maintenance standards, safety issues and facilities for active transportation.

### Identify Barriers

The barriers to AT are not all visible, many exist in the minds of individuals and the civic culture of a community. We know that AT is fun, healthy and affordable, why isn't it more popular? Travel choices are highly individual, but the reasons people give for not walking or cycling usually involve poor weather, safety concerns, a lack of sidewalks and cycling facilities, time pressures or a lack of secure bicycle parking.

### Establish Recommendations

The Active Transportation Committee will be presenting recommendations to Okotoks Town Council in the fall of 2014.



### Promote AT Options

AT is an essential service with many health, economic and societal benefits. It is your right to safely move from place to place under your own power.

What are your current options in Okotoks?

- parks
- pathway system
- sidewalks
- carpooling
- other

### Did You Know?

A reasonable distance to walk to work or school is 3 kms, and to cycle is 9 kms.

For more information call  
403-938-8058



[www.okotoks.ca](http://www.okotoks.ca)

# Active Transportation

### Did You Know?

On average, drivers make 2000 trips of less than 3 kms per year (eg. corner store), trips that could be made by bicycle or on foot.

Active Transportation



Active Transportation: This is the Future



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# Active Transportation: This is the Future



## What Is Active Transportation?

Active Transportation (AT) is a relatively new term that is becoming increasingly important to communities in North America. The Public Health Agency of Canada defines AT as:

Any form of human-powered transportation. It is any trip made for the purposes of getting yourself, or others, to a particular destination: work, school, stores or to visit friends. As long as it is "active", you can choose the mode: walking, cycling, wheeling, in-line skating, skateboarding, etc.

Easy to use and fun, AT is catching on all over the world. AT is about using cars less for short trips to and from work or around the neighbourhood. AT is also about enjoying nature, being healthier and more active, and making our cities and towns more livable as well as cutting down on air and noise pollution.

## AT Concepts:

- 1. Functional AT:**
  - active destination oriented trips (eg. commuting to work & or school); active workplace travel (e.g. meetings)
  - using cars less for short trips
  - combines with public and community transit
- 2. Leisure AT:**
  - recreation and fitness pursuits
  - may take place in off-road locations



## Did You Know?

In 2006, 72.3% of Canadians drove their vehicle to work, while only 9% used an active mode such as walking, wheeling or cycling.

## Why AT Matters

AT is about enhancing choice and opportunities for multi-modal travel and recreation that promotes physical activity and healthy lifestyle for all ages.

Benefits of AT include:

### Health

- reduce major health risks
- reduce stress levels
- improve time management by incorporating exercise into commuting

### Environment

- reduce greenhouse gas emissions and associated climate change impacts
- reduce air pollution
- conserve green space with reduced vehicle parking/roadway requirements

### Quality of Life

- reduce roadway noise, pollution & congestion
- increase social interaction
- reduce crime with increased activity and surveillance from the street
- accessible to children, youth, seniors, low income families and persons with disabilities often left out when transportation systems depend on cars

### Economic

- reduced personal costs for motor vehicle ownership/operations
- reduced infrastructure costs
- increased tourism potential
- increased value of real estate

## Active Transportation Positive Impacts

1. Improved Well-being

2. Increased Social Cohesion

3. Increased Community Identity

4. Increased Equality