



Physical Activity Coalition of Manitoba

Position Statement on Active Transportation

MISSION

The mission of the Physical Activity Coalition of Manitoba (PACM) is to support increased physical activity among Manitobans through collaboration, promotion and education.

VISION FOR ACTIVE TRANSPORTATION

The Physical Activity Coalition of Manitoba envisions healthy, vibrant communities where citizens use Active Transportation as the preferred mode of travel in their daily routine as part of a healthy, active lifestyle year round.

ACTIVE TRANSPORTATION

Active Transportation includes any form of human-powered travel, primarily walking and cycling but can include other modes such as in-line skating and skateboarding.

PACM POSITION

The Physical Activity Coalition of Manitoba supports Active Transportation because:

- increased physical activity improves physical and mental health, and decreases chronic disease and its economic burden
- walking, cycling and other modes of Active Transportation are an important part of a multi-faceted approach to increase physical activity
- walking and cycling to work contribute to a physically active work force resulting in higher productivity and lower absenteeism
- walking, cycling and other active ways to get to school increase the physical activity levels of children which improves readiness to learn and behaviour
- Active Transportation is a time-efficient way to build physical activity into daily routines by turning sedentary commuting time into active time

- integrating Active Transportation into routine travel creates an easily sustainable minimum level of daily physical activity
- increased pedestrian and cycling traffic at the local level contributes to a sense of shared community and increased social interaction within a neighbourhood
- reduced traffic noise and congestion improves quality of life for residents
- more pedestrians and cyclists in city centres contribute to vibrant, progressive and economically viable downtowns
- the increased presence of pedestrians and cyclists contributes to a sense of community safety and helps to deter crime and violence
- increasing the volume of cycling traffic decreases the rate of injury per cyclist
- lower volumes of motorized traffic and associated emissions reduces smog for respiratory health benefits
- reduced volumes of motorized traffic decreases harmful greenhouse gas emissions that contribute to global warming and climate change
- less motorized traffic reduces infrastructure demands to maintain and expand roads, bridges and parking facilities with the potential for significant cost savings

Turning the Vision into Action

Achieving an Active Transportation vision for Manitoba will require a multi-pronged approach and collaborative action from all levels of government, workplaces, schools, businesses, organizations, communities, neighbourhoods and individuals to:

- engage the public in a dialogue to develop an Active Transportation strategy and implementation plan that works for Manitoba communities;
- educate motorists, cyclists and pedestrians to have the knowledge, confidence and courtesy to share the road and travel safely;
- promote awareness of Active Transportation and existing opportunities;
- reframe Active Transportation as a mainstream, time-efficient and economical choice of travel;
- integrate Active Transportation into policies and decision-making;
- incorporate Active Transportation into existing programs, services, strategies and communications that promote physical activity and healthy living;
- enhance facilities and infrastructure within an overall transportation network to encourage participation and remove barriers to Active Transportation; and
- create environments, cultures, infrastructure and policies at workplaces, schools, businesses and services that welcome Active Transportation.