



walk and roll



***An Active
Commuter's Guide
to using
Active Transportation
in the Haliburton Highlands***

Commuting using active transportation is a great way to build physical activity into your daily routine. We hope this booklet will serve as a guide for both new and experienced active commuters.

Get ready to **walk** and **roll**



What is active transportation?

Active transportation is any human-powered method of travel. It usually refers to walking and bicycling, but could also include: running, skiing, skateboarding, in-line skating, wheelchairs, kayaking or skating.

Active transportation (or AT) also refers to trips made for a purpose, i.e. not only for recreation. Some examples are trips to work or school, to run errands, to visit someone.

This is the country! I need my car!

We're not suggesting that you give up your car altogether. In rural communities like Haliburton County, people often live far from where they work, learn, shop etc. What we ARE suggesting is to think about reducing short trips in town – to park your car and walk when you get there. Or to consider some creative options to use AT to get to work or school. You'll find tips throughout this booklet.

We know that there are unique challenges to using AT in a rural area. Research shows that rural residents are less physically active than people who live in urban areas and AT is a great way to build more activity into your daily routine. We hope that the information in this booklet will help you figure out what is realistic for you to try.

Active Commuter Profile:

Patti Lou Robinson,
Patient News Publishing

"I enjoy the private time so I can think while I am running, walking, biking or kayaking to work. When I am kayaking I can take in the peacefulness of the lakes and the sunshine. I also like the fact that I am setting an example for my children; they have learned that they don't have to depend on an adult/parent to drive them. If I can walk they can walk as well. They also see that keeping active as you age will keep you relatively healthy. Weather is the greatest challenge but if I have the appropriate clothing for each season it doesn't matter the temperature. I run and walk in all seasons."

