

APPENDIX A ACTIVE COMMUNITIES CHARTER



ACTIVE COMMUNITIES CHARTER



In active communities, the built and social environments support and enable healthy, active living by providing opportunities for people to engage in daily physical activity.

Active communities are created when community stakeholders, decision-makers, interest groups and residents place value on and work towards: the health, safety and quality of life of all individuals; environmental sustainability; and equal access to all for opportunities to be physically active.

Active communities are vibrant and economically successful because they encourage healthy activity, social interaction and citizen engagement.

To create active communities, we respect the following principles:

- **Policies** exist that promote active living at workplaces, schools and in community decision making
- **Planning** decisions place importance on self-propelled travel and include smart growth principles
- **Community Design** includes mixed uses, and aims to decrease urban sprawl and increase public green space
- **Infrastructure** provides opportunities for physical activity and active transportation
- **Partnership and Collaboration** with stakeholders, including:
 - Government
 - Health sector
 - Schools/Education
 - Law Enforcement
 - Environmental, Health, Walking/Cycling and Accessibility interest groups
 - Municipal staff
 - Real Estate/Developers
 - Economic Development and Business
 - Residents
- **Education and Awareness**, so that the benefits of building an active community are communicated to a variety of sectors

Our work towards building active communities is based on the following values:

Quality of life – We value quality of life for all residents and believe it is a key element of social and economic growth.

Health – We value physical activity for the health of our community.

Accessibility – We believe in removing physical and social barriers to physical activity so that opportunities are available to all.

Inclusion – We believe that all community members should be able to fully participate in physical activity within their families, organizations and community.

Community Safety – We value safe routes and infrastructure that supports community participation in physical activity.

Community Cohesion and Vitality – We believe that an active community encourages and facilitates social interaction and local economic vitality.

Environmental Sustainability – We value the health of the environment and recognize the link between a healthy environment and a healthy community.

Active communities encourage and facilitate active living and support community health, vitality and safety. They will increase walking and cycling, decrease car dependence and traffic congestion, lead to cleaner air and support tourism. Such environments improve the quality of life for all community members and contribute to vibrant, livable communities.

