

What is Active Living?

Active living isn't just about getting to the gym or going for a run.

Active living is a way of life that integrates physical activity into everyday routines, such as walking to the store or biking to school or work.

What Does Incorporating Activity into Day-to-Day Life Look Like?



Our Development Choices are Essential to Advancing Active Living

Active Living Strategies May Include:

- Policies
- Programs
- Projects

Active Living Strategies Work In:

- Urban Areas
- Suburban Areas
- Rural Areas

Active Living Strategies May be Deployed In:

- Developing Areas
- Redeveloping Areas
- Established/Stable Areas

Active Living Strategies May Relate To:

- Programming/Events
- Design
- Transportation
- Land Use

Active Living Interventions - Rural Communities

Below are a range of active living interventions for rural communities. This is not an exhaustive inventory, but instead a guide for context appropriate solutions. A range of policy, program, or project interventions are needed to improve active living conditions.

Land Use



Cluster development creates quality places for activity and encourages walking.



Redeveloping village centers provides central locations and creates nodes of activity.



Regulatory policy that allows context sensitive commercial development creates attractive destinations.



Parks function as communal spaces for socializing, physical activity and support mental well-being.

Transportation



Paved trails provide safe paths for walking, biking, and other types of exercise.



Paved roadway shoulders improve mobility and promote active travel where other transportation options may be unavailable.



Areas with multiple nearby stores are improved with sidewalks, even if only a block or two long.



Local connections to regional trail networks provide critical links and alternative transportation options.

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Design



Centrally located parks in denser areas provide play and socialization spaces for residents.



Fitness loops at schools or work places promote physical activity and encourage active living.



Transverse rumble strips placed before intersections help improve pedestrian safety in high speed areas.



Traffic calming measures in activity nodes create safer environments for non-vehicular travel.



Creating attractive places and spaces provides quality destinations and encourages activity.

Programming and Events



Farmers markets encourage healthy eating, create destinations, and support physical activity.



Partnerships with local convenience stores through nutrition coalitions improves access to healthy foods.



Exercise programs in partnership with community centers, churches, etc. promote health and wellness.



Physical education in schools be used to improve active living while at and away from school.



Leveraging existing community assets like churches or fire stations creates spaces for activity.



Community sponsored wellness events provide opportunities to socialize and engage in activity.

Active Living Interventions - Suburban Communities

Below are a range of active living interventions for suburban communities. This is not an exhaustive inventory, but instead a guide for context appropriate solutions. A range of policy, program, or project interventions are needed to improve active living conditions.

Land Use



Mixed use and infill development brings shops closer to residents and promotes active living.



Clustering high use destinations creates walking districts, improving active living.



Zoning to allow higher density housing paired with green spaces creates active living opportunities.



Pocket parks bring outdoor play space closer to homes where parks may not be easily accessible.



Removing or reducing parking minimums creates denser development patterns and promotes walking.



Neighborhood schools reduce the need for buses and cars due to proximity to homes.

Transportation



Complete streets improve mobility, reduce traffic, and encourage visiting and exploring.



Sidewalks leading to destinations like homes, schools, recreational areas, and stores promotes activity.



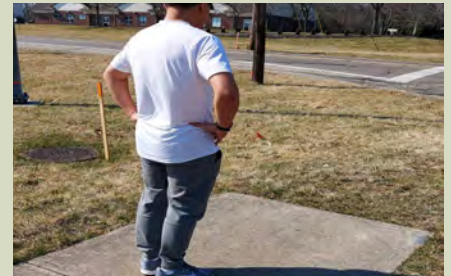
Road signs improve safety for bicyclists and drivers.



Programs like Safe Routes to School encourage kids to walk to school together.



Local connections to regional trail networks provide critical links that promote active transportation.



Completing missing links in the alternative transportation network bolsters active living.

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Design



Introducing islands or medians improves the pedestrian environment for users of all ages.



Sidewalk safety features like this guardrail make pedestrians feel safer on higher speed corridors.



Dense shopping districts reduces driving to multiple places and encourages walking.



Pedestrian oriented amenities create attractive environments and promote physical activity.



Playgrounds that cater to a variety of mobility levels increase accessibility and use.



Designing for children, older adults, and people with disabilities creates healthy environments for all.

Programming and Events



Communal programs for activities like group yoga promote active living in neighborhoods.



Joint use programs between schools and the public provide active living opportunities.



Play Streets promote physical activity, play, and socialization for children in a safe environment.



Activity loops and paths in commercial areas create multi-use spaces for shopping and fitness.



Community sponsored wellness events provide education about how to live actively every day.

Active Living Interventions - Urban Communities

Below are a range of active living interventions for urban communities. This is not an exhaustive inventory, but instead a guide for context appropriate solutions. A range of policy, program, or project interventions are needed to improve active living conditions.

Land Use



Regulatory policy like zoning promotes and supports active living by creating safe and attractive environments.



Infill development improves active living by creating dense and walkable neighborhood environments.



Mixed use development supports active living by keeping destinations close together.



Open and green spaces in urban areas promote active living and well-being, even if only for a small area.



Community gardens encourage active living through physical work outside with others.



Prioritizing placemaking strategies creates attractive destinations and encourages activity.

Transportation



Complete streets policies encourage walking, biking, and other active transportation methods.



Access to reliable and frequent public transportation promotes and supports active living.



Bike paths promote biking and increase physical activity.



Road diets uncover safety concerns and improve the pedestrian environment and experience.



Access to bike sharing or other modes encourages physical activity and provides alternative options for travel.



Bike storage and end-use facilities are just as important as bike lanes for supporting active transportation.

Active Living Interventions - Urban Communities

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Design



Bulb outs and other traffic calming measures improve safety for pedestrians.



Pedestrian oriented design like pedestrian scrambles increase safety and encourage walking.



Way-finding signs improve navigability and encourage people to walk and discover new places.



Pathway lighting provides a sense of safety and usability, encouraging outdoor activity.



Outdoor fitness equipment in parks promotes active living where gyms may not be available.



Tree canopies and other shade covers improve temperature conditions while outside.

Programming and Events



Closing streets from traffic for dining, play and socializing promote active living.



Joint use agreements with schools for programs like open gyms increase physical and communal activity.



Urban farmers markets provide healthy food options and places to gather.



Play Streets promote physical activity, play, and socialization for children in a safe environment.



Programs like weekly walking events during lunch hours promote active living.



Adult recreational leagues provide opportunities for exercise, education, and more at the neighborhood level.