

BARRIERS TO ACTIVE TRANSPORTATION



Limited Access

- lack of infrastructure that allows for safe active transportation
- Raise concerns with municipality/county
- See if there is a grant through Green Municipal Fund to create safer, more active school routes within your community

Real and Perceived Safety Concerns

Traffic

- Advocate for traffic calming measures in your community.



Winter weather or lack of/insufficient road/sidewalk/trail maintenance

- Priority is given to roadways and walkways that are more heavily travelled, look at how your city prioritizes roadways and inquire.
- Give grace & try to plan ahead.
- Report hazards to city/municipality so they can be identified/fixed.

Poor lighting

- Wear bright colours or reflective wear.

Inadequate infrastructure

- When building applications come in – advocate for traffic calming measures, separated/dedicated bike lanes, sidewalks, storage for bikes/scooters

Deficient crossing provisions

- Voice concerns to city/municipal staff, a site assessment may need to be done on the particular crossing



Limited Time

- Mid day movement



MIDDAY MOVEMENT IDEAS



Around the Office

- Choose a bathroom on a different floor - adds stairs and steps
- Walk to a colleague's desk instead of sending a message/email
- Fill your water bottle at the farthest fountain
- Use the stairs instead of the elevator (even just 1-2 floors)
- Park farther from the entrance if you drive
- Walk the perimeter of your building or floor during breaks

At your Desk

- Alternate between sitting and standing if using a standing desk
- March in place during video calls (camera off!)
- Stretch while reading emails or listening to meetings
- Leg raises or seated calf raises while working
- Chair squats when transitioning between tasks
- Use a small resistance band for light upper body exercises



Micro-Break Routines (2-5min)

- Desk dance party + one song = one movement break
- Stretch circuit: neck rolls → shoulder circles → toe touches
- Balance challenge - stand on one foot while brushing teeth or waiting for the microwave
- Wall pushups or triceps dips on a sturdy surface

Commuting and Transitions

- Get dropped off or park a block or two earlier and walk
- Step off transit one stop early and walk
- Use commute or lunch break for a brisk walk or ride
- Take a walking call while outside
- Walk to lunch or pick up an order on foot if possible

