

ACTIVE TRANSPORTATION

Active transportation is using your own power to get from one place to another. This includes all non-motorized means:

- Walking or jogging
- Biking
- Skateboarding, rollerblading
- Others

Using public transportation (bus, metro and train) help increase active transportation since people often walk or bike to the bus stop or metro station.

Physical activity

According the Canadian Movement Guidelines,

- adults aged 18 to 64 should do at least 150 minutes of physical activity a week;
- youths aged 5 to 17 should do at least 60 minutes of physical activity a day;

Activities should be of moderate to vigorous intensity.ue.

EXAMPLES OF MODERATE INTENSITY EXERCISES	EXAMPLES OF VIGOROUS INTENSITY EXERCISES
<ul style="list-style-type: none">• Cycling• Tennis	<ul style="list-style-type: none">• Running• Cross-country skiing

Source : [CSEP Guidelines information hub, featuring the latest updates and resources for the Canadian Physical Activity and 24-Hour Movement guidelines.](#)

Regular physical activity helps...

- Reduce the probability of chronic diseases (e.g. diabetes, high-blood pressure, cardiovascular diseases)
- Reduce the risk of developing a number of types of cancer
- Increase healthy life expectancy

Use of public transportation can also involve walking or biking as a supplementary means of transportation. These transportation methods have a positive impact on the environment.

Using active transportation

To improve your health

- **Exercising can improve concentration and performance at work or school.** The pleasure that comes with exercising and feelings of well-being reduce stress and anxiety.
- **You can meet the recommended physical activity guidelines by using active transportation 30 minutes a day.**

To reduce costs

- **Biking and walking are the most accessible means of transportation.** Bicycle maintenance is not very expensive and walking is free!

To respect the environment

- **Biking and walking produce no harmful emissions.**

To save time

- **Bikes are faster than cars** during rush hour periods, for distances up to 5 km: no traffic jams, no parking problems when you use active transportation. You're also getting in shape as you save time!

Help and Resources

- [Carte des voies cyclables](#), Ville de Montréal
- [Se déplacer à vélo en milieu urbain - Trucs et conseils \(PDF\)](#), Vélo Québec
- [Rues piétonnes](#), Ville de Montréal
- [Bixi Montréal](#)
- [STM](#), Société de transport de Montréal
- [Cyclovia](#), Ville de Montréal
- [Mois du Vélo](#), Vélo Québec