ACTIVE LIVING
Possible Side Effects: Healthy Weight. Improved Mood.

WHAT WOULD AN ACTIVE COMMUNITY LOOK LIKE?

Environment - The places where we live, work, and play are walker and biker friendly.
Policies and Planning - Planning documents, like Comprehensive Plans and Municipal Ordinances, assist decision makers in implementing a healthy community vision.
Programs and Promotion - Outreach at schools and neighborhood groups encourage community participation and support the creation of parks or trails.

EXAMPLES OF ACTIVE LIVING INITIATIVES NATIONWIDE:

- Health Impact Assessments
- Joint Use or Shared Use Agreements
- "Healthy" Comprehensive Plans
- Multi-Use Greenways
- Safe Routes to Schools for Walking or Biking
- Reliable, Practical Mass Transit
- Complete Streets and Sidewalks
- Incentives for Non-Motorized Transportation

IMPORTANT CONCEPTS DEFINED:

Active Living: Incorporating physical activity into a daily routine.
Agreement: An agreement between two or more entities (usually a school & city) sharing spaces like a gym, athletic fields, and playgrounds for use during off hours.
Comprehensive Plan: A development plan detailing goals and aspirations for a community. These plans typically include transportation, utilities, land use, recreation, and housing goals.

WNC Quick Facts:
96% feel that organizations should make their facilities available for the public to use during off-times.
94% feel access to greenspace and trails is important.
65% of population is overweight.
58% meet physical activity guidelines.
29% are obese.
16% don’t participate in leisure time physical activity.

Data source: 2012 PRC Community Health Needs Assessment Report

Visit mountainwise.org for more information

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