

Creating Active Living Communities

Long Beach: The Most Bicycle Friendly City in America



Active living is a way of life that introduces physical activity into daily routines. This may be achieved by encouraging individuals to begin walking or bicycling for their transportation needs. By increasing safety and access to the roadway for bicyclists and pedestrians, citizens are presented with the opportunity to begin enjoying the benefits of active living; improving the health and livability of the community.

Tenants of Active Living

- Physical activity is a behavior that can favorably improve health and quality of life.
- Everyone, regardless of age, gender, language, ethnicity, economic status or ability, should have safe, convenient and affordable choices for physical activity.
- Places should be designed to provide a variety of opportunities for physical activity should accommodate a wide range of individual preferences and abilities.
- Development patterns should encourage mixed uses, compact design, and a variety of transportation choices.
- Buildings should be designed and oriented to promote opportunities for active living, especially active transportation.
- Transportation systems, including transit, should provide safe, convenient and affordable access to housing, worksites, schools and community services.
- Parks and green space, including trails, should be safe, accessible and part of a transportation network that connects destinations of interest, such as housing, worksites, schools, community services and other places with high population density.
- Municipalities and other governing bodies should plan for ongoing interdisciplinary collaboration, promotion of facilities, behavioral supports, policies that institutionalize the vision of active living, and routine maintenance that ensures continued safety, quality and attractiveness of the physical infrastructure.
- Community governing and planning processes should address the multiple impacts of the built environment and transportation choices on residents' ability to be physically active.

