

Helping to Shape Walkable Communities

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We are trapped in surroundings that actually encourage obesity. The car culture in Grey Bruce encourages us to drive everywhere. Pedestrians are a rare species, often in peril. Walking is usually low on the priority list for transportation planning, if considered at all. The result – approximately three out of every five Grey Bruce residents are overweight or obese.

Moving ON is a community forum taking place January 19, at the Grey Bruce Health Unit, 101 17th Street East, Owen Sound, to help improve the walking and cycling conditions for local residents.

Hosted by the PLAY in Bruce Grey physical activity collaborative, a closed session with invited participants takes place from 12:00 to 3:00 p.m.

The public are invited to participate in an open forum from 6:00 to 9:00 p.m. Residents are encouraged to share ideas and concerns and to assist in identifying priorities and solutions. The Moving ON forum is as a first step in creating more walkable communities. For more information and to register for this free community event, please contact Cathy Smart – PLAY Coordinator at 705-606-0985 or catherine@smartmove.ca

“Grey Bruce is taking an important step toward championing walkability which will surely lead to a healthier, more vibrant region.” says Gil Peñalosa, executive director of 8-80 Cities. “Choosing to bring people together to share their ideas and experiences of walking in their own communities is a fantastic way to motivate change.” The 8-80 Cities initiative supports developing sidewalks and bike-ways that can be used by anyone 8 to 80 years old.

Feature speaker at the Moving ON forum, Gil Peñalosa is an internationally renowned livable city consultant and the former Commissioner of Parks and Recreation for the City of Bogotá, Columbia (pop. 7m). Peñalosa is passionate about improving quality of life through the promotion of walking and bicycling as activities, and the promotion of

parks, trails and other public spaces as great places that foster *healthier communities* with *happier residents*.

“How walkable a community is has a significant impact on children and youth, seniors and persons with mobility challenges, persons of low income, new immigrants, property owners, and businesses that benefit from increased foot traffic.” says Jacky Kennedy, Director, Canada Walks, an initiative of Green Communities Canada. “This community forum will be of great interest to everyone and we hope to have a great cross-section of the community in attendance.”