

Physical Activity

Physical activity is an important component of Smart Growth. When planning a community, taking physical activity into consideration helps to prevent illnesses such as diabetes and other heart diseases in the population. Promoting physical activity can be as simple as including parks in urban areas or more sidewalk area for walking rather than driving. With a city built to allow for a more physically fit community, health officials will have an easier time working toward an overall mentally and physically healthy environment. Physical activity is one component of smart growth that can help prevent obesity and promote healthier active lifestyle with regard to urban sprawl. Obesity is a major problem for Americans and often the design of urban sprawl makes it difficult for people to engage in physical activity as a part of their daily routines.

Case Studies

- [Wisconsin Case Study](#)
The case study demonstrates how Wisconsin officials fund bicyclists and pedestrians, as well as the benefits of choosing an alternate mode of transportation that provides health benefits.
- [BIKESAFE- Case Studies](#)
These case studies provide information and background on problems that arise when promoting bicycle riding in a community.
- [Missouri Case Study](#)
 - This case study demonstrates how Missouri encouraged physical activity, as well as smoking and diet to decrease cardiovascular risk.

Other Resources

- [Bicycle Parking Solutions](#)
- [Complete Streets for Active Communities](#)
- [Transportation Tools to Improve Children's Health and Mobility](#)
- [Starting a Walking School Bus: the basics](#)
- [Building Healthy Communities for Active Aging National Recognition Program](#)
- [The National Center for Bicycling and Walking](#)
- [Cool Cities](#)
 - This program describes how communities that sign up for the Cool Cities program receive small grants for their downtown business districts in an effort to expand parks, improve sidewalks, rebuild streets, add lighting, establish farmers markets and preserve historic structures.
- [CDC: ACEs- Active Community Environments](#)
 - The Active Community Environments Initiative (ACES) program is a CDC-sponsored initiative to promote walking, bicycling and the development of accessible recreation facilities.