

## Transportation

Transportation plays a major role in the daily life of an individual. From a car, to a bike, to public transit, the ways by which people can travel have a profound effect on the larger community in the form of not only air pollution and traffic, but physical fitness as well, making transportation a key ingredient to the development of Smart Growth communities. Areas built with multiple, easily accessible routes provide citizens with safe options when traveling. Bike and walking paths allow for the incorporation of physical activity into errand running and grocery shopping. Emphasizing the importance of regular physical activity is crucial when building and maintaining a healthy population.

### Case Studies

- [Arkansas River Trail](#)
- [Active Living Orlando](#)
- [The Department of Cambridge Community Development](#)
- [YouTube video - A Virtuous Cycle: Bicycling in DC](#)