



OVER 500 FINDINGS SUPPORT
THE BENEFITS OF CITIES DESIGNED TO MOVE



ECONOMIC
BUSINESS AND JOB GROWTH
INCREASED TAX REVENUE
LESS TRAFFIC, MORE PRODUCTIVITY



SAFETY
LESS CRIME
LOWER RATES OF PEDESTRIAN AND CYCLIST INJURIES



ENVIRONMENTAL
REDUCED EMISSIONS
IMPROVED AIR QUALITY



HEALTH
LESS DEPRESSION, STRESS AND CHRONIC DISEASE



SOCIAL
INCREASED CIVIC ENGAGEMENT AND VOLUNTEERISM

WHAT IS AN ACTIVE CITY?

AN ACTIVE CITY PRIORITIZES PHYSICAL ACTIVITY IN ALL OF THE PLACES PEOPLE WORK, LEARN, LIVE, TRAVEL AND PLAY

GETTING IT DONE

PRIORITIZE PHYSICAL ACTIVITY AS A SOLUTION

BUILD PHYSICAL ACTIVITY INTO MASTER PLANS, ADMINISTRATIVE ACTIONS AND INCENTIVES.



UNLOCK EXISTING RESOURCES TO MAKE THEM ACTIVE RESOURCES

LOOK AT EXISTING RESOURCES FOR LOW-COST, HIGH-GAIN INTERVENTIONS LIKE ABANDONED SPACE AND AFTER-HOURS ACCESS TO FACILITIES.



DESIGN FOR PEOPLE TO BE ACTIVE

CITIES SHOULD BE BUILT FOR PEOPLE, NOT JUST CARS. RETHINK HOW YOU MEASURE WHERE, WHY AND HOW PEOPLE MOVE.



BUILD A LEGACY OF MOVEMENT

CREATE CHANGES THAT WILL LIVE BEYOND THE CURRENT ADMINISTRATION, SUCH AS INFRASTRUCTURE AND POLICIES.



AN ACTIVE CITY IS A COMPETITIVE CITY

MORE INFO, RESOURCES AND TOOLS:

WWW.DESIGNEDTOMOVE.ORG/RESOURCES



ABOUT ACTIVE CITIES

This work is a collaborative effort of experts and organizations around the world. We all agree on one thing: An active city is a competitive city.

The Active Cities tools found at designedtomove.org/resources provide a blueprint for making any city an active city. Here's what you'll find:

- A summary of the existing **evidence base**
- **Practical steps** other cities have identified as critical to designing an active city
- Case studies and **best practices** from cities of all sizes
- A synthesis of **tools & resources** to help get the job done

People are designed to move. Cities should be too.