

# What is Active Living?

**Active living means making movement part of everyday life.**

Active Living happens when people have safe, accessible, and welcoming places to walk, bike, roll, gather, play, and reach everyday destinations. Active living is not limited to exercise programs or recreation. It is shaped by the streets, sidewalks, trails, parks, crossings, schools, neighborhoods, and public spaces people use every day.



## Everyday Movement

Walking to school, biking to work, rolling to a park, walking downtown, or choosing an active trip when possible.



## Safe Places to Walk, Bike & Roll

Sidewalks, crossings, trails, shared-use paths, bike routes, lighting, signage, and accessible public spaces.



## Connections to Daily Destinations

Safe routes to schools, parks, libraries, health services, grocery stores, downtowns, jobs, neighborhoods, and community gathering places.



## Community Design that Supports Health

When communities make movement safer and easier, residents are more likely to be active, connected, independent, and engaged.

## Key Takeaway

Active living is not just about individual choices. It is about creating communities where healthy movement is safe, practical, and built into everyday life.

# Why Active Living Matters in Kentucky

**Safer streets. Healthier people. Stronger communities.**

Active living is about more than recreation. It is a practical community strategy that supports public health, safety, access, economic vitality, and quality of life.

When communities make it safer and easier to walk, bike, roll, and reach everyday destinations, healthy movement becomes part of daily life.



## Health & Wellness

Safe places to walk and bike help residents build physical activity into everyday routines. This supports chronic disease prevention, mental wellness, healthy aging, and active family life close to home.



## Safety & Access

Sidewalks, crossings, trails, bike routes, lighting, and traffic calming help people move more safely and independently. These improvements are especially important for children, older adults, people with disabilities, and residents who do not drive.



## Economic & Community Vitality

Walkable downtowns, connected neighborhoods, parks, trails, and public spaces strengthen local identity and make communities more welcoming. Active living investments can support local businesses, tourism, workforce attraction, and long-term competitiveness.

## The Bottom Line for Kentucky Communities

Active living helps communities become healthier, safer, more connected, and more competitive. When people can move safely and comfortably through the places they live, work, learn, and gather, quality of life improves for everyone.