

## Mayor Marolyn Morrison ? Town working on having ?active living? communities

?Active Living? is a way of life that integrates physical activity into our everyday routines.

Walking and cycling are two of the most common forms of active living.

It is also an important element of successful community building. Active living brings together professionals from planners to architects, and engineers as well as public health and community advocates to build neighbourhoods and ultimately communities that encourage active living and physical activity. In Caledon we are constantly looking for ways to incorporate active living into the design and development of our neighbourhoods, trailways, parks and recreational facilities.

A community designed for active living is first and foremost walkable. The neighbourhoods, parks and trailways should encourage and promote this most fundamental form of physical activity. While we have a proud rural heritage which is characterized by open spaces and large distances between our neighbours and our villages and hamlets, Caledon is planning for its future and that future includes communities designed so all elements can connect together; whether it is bike lanes or trails or walking paths, we are planning for connectivity. To be successful, our community's design must build on the interconnected network of streets, sidewalks, paths and trails we already have in order to provide incentives for residents to walk or cycle, rather than rely solely on their cars to get around.

Caledon has made a tremendous commitment to its multi-use path/trail system and it already connects hamlets and neighbourhoods with each other, as well as our wonderful parks, passive open spaces and formal recreation facilities. New neighbourhoods, in Mayfield West for example, have been designed to relate to each other and the planned village centre for commercial, retail and recreational opportunities through an accessible, organized network of ?active-living-friendly? elements and amenities.

A community that is ?activity-friendly? incorporates policies and practices to promote mixed use development with an efficiently designed, connected grid of streets so homes, schools and stores are close together and accessible to both pedestrians and cyclists. By planning our neighbourhoods in an active-living-friendly way, residents have a convenient and enjoyable way of keeping physically active while going about their daily routines. We all know regular physical activity is excellent for our health and I am pleased our Town is doing its best to create neighbourhoods and communities that promote and encourage activity friendly opportunities.

For more information, check the Town of Caledon website at [www.caledon.ca/trails](http://www.caledon.ca/trails)

