

ACTIVE TRANSPORTATION



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Definition

Active transportation or active mobility is defined as utilizing walking and/or cycling for single trips or within a trip in combination with public transport (Gerike et al. 2016; Koszowski et al., 2019). In other words active transportation can be defined as the promotion of walking and cycling as sustainable modes of transportation in urban areas. Active transportation contributes to both sustainable transport and improved health outcomes, since it requires less space, produces fewer emissions, and has lower life cycle costs compared to other modes of transportation, but also promotes physical activity, and contributes to the creation of sustainable and healthy communities (Giles-Corti et al., 2010; Hong, 2018).

References

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