

FRIENDLY STREETS HAMILTON:



A year-long pilot project of Environment Hamilton and Cycle Hamilton to engage community members in working together towards creating safer, more enjoyable streets for walking and cycling.

FRIENDLY STREETS FOR WALKING AND CYCLING BENEFIT YOU!

Walking, cycling and transit use increases physical activity. Instead of carving out time to hit the gym, active commuting helps people to be physically active as part of their daily routine. It's good for you and and it's good for the planet when we curb emissions, a win-win situation!



HEALTHY PEOPLE, HEALTHY COMMUNITIES

A recent, large U.K. study suggests that cycling commuters cut their risk of cancer and heart disease nearly in half.

Neighbourhoods that support active transportation and transit use can reduce social and health inequities by providing transportation options to those who cannot drive.

MONEY MATTERS

Physical inactivity and obesity cost the Greater Toronto and Hamilton Area (GTHA) \$4 billion each year. This includes \$1.4 billion of direct medical costs.

Driving is expensive not only for the health and environment, but also on hard on your wallet. The average annual cost to own and operate a vehicle in Canada is \$10,456 a year. (Canadian Association of Physicians for the Environment).



GET TO WORK WITHOUT YOUR CAR!

Do you know?

Hamilton Health Sciences (HHS) has 4 secure bike shelters

HHS showers and lockers you can use

HHS has a Carpool Program

There is a Guaranteed Ride Home for staff who carpool or ride their bike to work?

For more information on sustainable transportation, contact:

Rebekah Jackson-Gravelly at GRAVELYR@hhsc.ca.

GET INVOLVED!

Help us make the neighbourhoods around the General Hospital safer and more enjoyable for walking and cycling. To get involved, email: friendlystreetshamilton@gmail.com