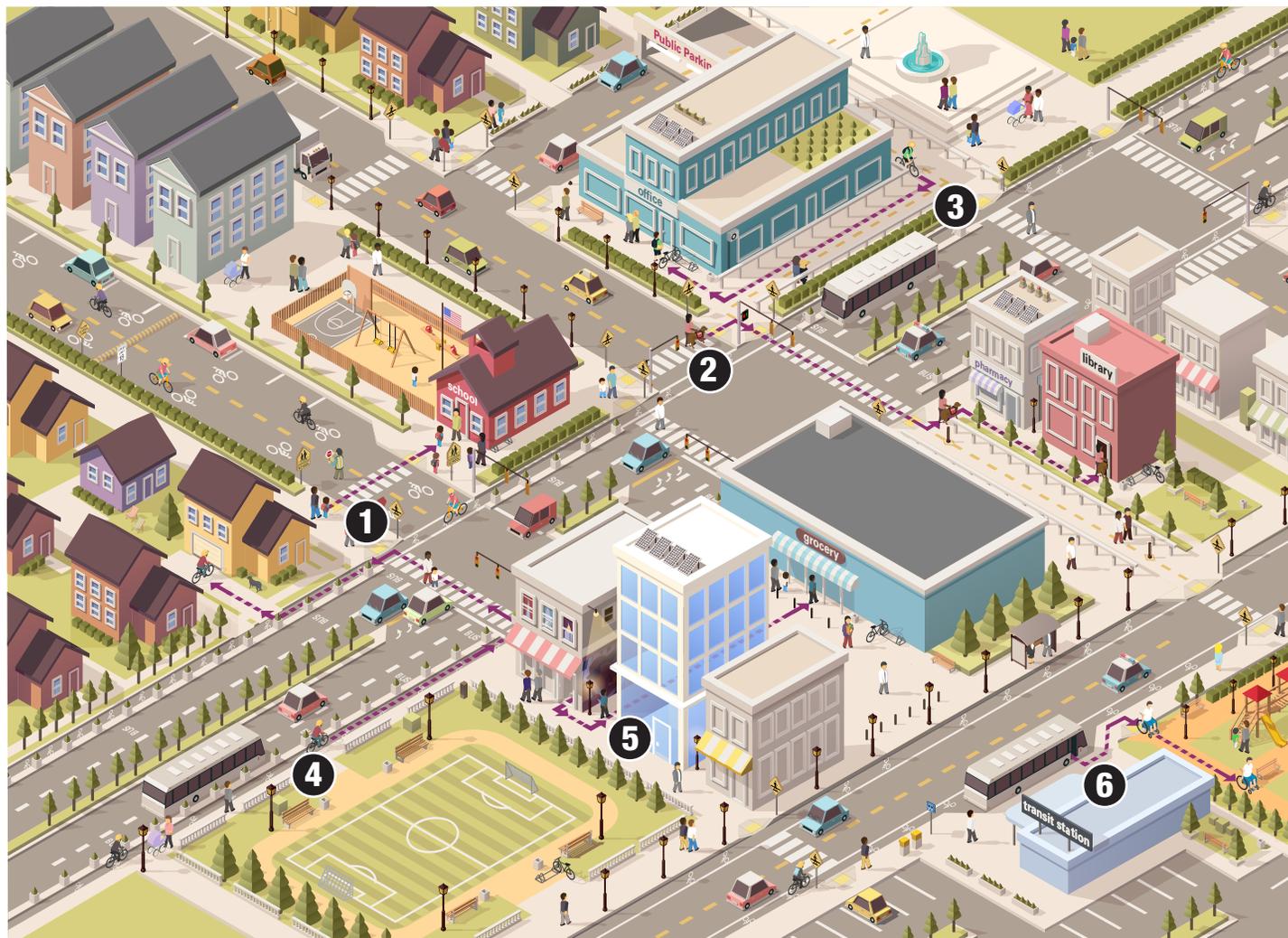


Connecting Activity-Friendly Routes to Everyday Destinations

An activity-friendly route is one that is a direct and convenient connection with everyday destinations, offering protection from cars, or making it easy to cross the street. Everyday destinations are places people can get to from where they live by walking, bicycling, or public transit. These destinations can include grocery stores, schools, libraries, parks, restaurants, cultural and natural landmarks, or healthcare facilities. Below are six examples of connecting activity-friendly routes to everyday destinations.



Activity-Friendly Routes

Pedestrian, Bicycle, and Transit Transportation Systems

Everyday Destinations

Land Use and Environmental Design



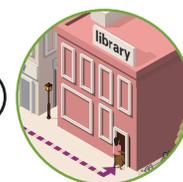
Safe Crossing



School



Crosswalk



Library



Shared-Use Path



Worksite



Protected Lane



Home



Attractive Alley



Grocery Store



Bus Stop



Park



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

For more information about the Community Preventive Services Task Force recommendation, visit www.thecommunityguide.org/findings/physical-activity-built-environment-approaches and www.cdc.gov/physicalactivity/community-strategies