

Walking is the healthy alternative

When Henry Ford produced the first automobiles, I'm sure he did not foresee the tremendous transformative effects this would have on individuals and society.

The car has changed how and where we work. It has changed where we live, how we spend our leisure time, and how we see and express ourselves. Cars impacts on our communities, their design, how they are built and maintained. It has deleterious effects on our health, not just from exhaust and pollution, but also our physical health as we drive instead of the healthy alternative: Walking.

The Region of Halton and is a signatory to The International Charter for Walking. This Charter can be signed by individuals, community groups, and governments:

"People in communities have the right to accessible streets, squares, buildings and public transport systems regardless of their age, ability, gender, income level, language, ethnic, cultural or religious background, strengthening the freedom and autonomy of all people, and contributing to social inclusion, solidarity and democracy".

—www.walk21.com/papers/International%20Charter%20for%20Walking.pdf

Halton Hills is committed to becoming a "Walkable" community. The ben-



Andrew Tutty

efits of refocusing our car-centric models are many. Promoting a Walkable community will see changes making this a more satisfying and enjoyable place to live for all.

Benefits include healthier citizens, lower pollution, reduced traffic congestion and noise, and a safer community. Walkable communities allow all who live, work and play in Halton Hills to share free and safe access to a network of walkable and cycle-able public environments.

New land use policies allow our citizens to walk to all the places they need to be—the workplace, shopping, government services, and recreation. It is critical to integrate this with public transit policy and the public's—your participation—is central for these changes to occur.

My next article: Halton Hills efforts to making us a walkable community.

Andrew Tutty is a member of the Halton Hills Accessibility Advisory Committee

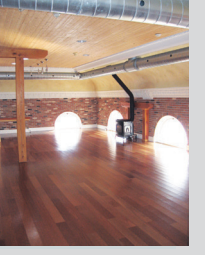
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