

For physically active **municipalities** in everyday life

Municipalities play a key role in encouraging physically active lifestyles. By acting in areas such as land use planning, recreation, transportation, and environment management, they leverage several of their responsibilities to promote active mobility, reduce dependence on cars, address inequalities in access to recreational opportunities, and provide environments that support physical activity.*



How to make a difference?

1. Improve the affordability of sports, physical, and recreational activities

- Recognize and support local initiatives that reduce financial barriers to physical activity.

2. Ensure fair access to local spaces for sports, physical, and recreational activities

- Provide accessible and diverse parks, playgrounds, sports facilities, and play streets close to home for all residents.

3. Create a safe and appealing network that supports active mobility

- Develop pedestrian and cycling infrastructures that connect everyday destinations such as homes, schools, workplaces, parks, shops, and recreational spaces.

Get inspired, take action!

Affordable access to physical activity

- Sharing sports and recreational facilities between school boards and municipalities allows to pool resources and provides free access to various spaces for physical activity.
- The **Circonflexe – Prêt-pour-bouger** initiative, led by the réseau des Unités régionales de loisir et de sport du Québec, is a free rental platform for sports, recreational, and adapted equipment. Rental points are available across the province.
- **Accès-Loisirs** programs, available in several municipalities throughout Quebec, allow low-income individuals to register for physical and recreational activities free of charge.

Accessible and supportive spaces for physical activity

- A resolution template and inspiring case studies from the **City of Beloeil** and the **Borough of Verdun** are available to support **the implementation of play streets in your community**.
- The City of Québec has **made major investments in over 60 local sports and recreational facilities**, ensuring the entire population can benefit from them.



Active mobility

- The Borough of Montréal-Nord has developed a **green corridor** connecting five schools, two parks, an arena, a library, a performance hall, and a summer public market. This project rethinks urban planning by creating attractive links between key living environments through pedestrian streets, bike paths, and greening initiatives.
- The City of Montréal has implemented a **school street safety program** that includes traffic calming features to support children's active transportation. A similar program focuses on pedestrian safety for seniors.
- The **school street** at Saint-Benoît School in Ahuntsic-Cartierville is closed to motor traffic during student drop-off and pick-up times. This initiative has increased active travel among families and encouraged free play near the school.

Want to learn more about these priorities and physical activity initiatives?

Visit collectifvital.ca | **Healthy City**.

For more information, contact: **Association pour la santé publique du Québec • aspq.org** | 514 528-5811 | info@aspq.org

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