



An Ideal *in motion* Community

Manitoba *in motion* is a provincial strategy to help all Manitobans make physical activity part of their daily lives for health benefits and enjoyment.

The ideas in this resource came from an exercise conducted at *in motion* regional workshops during the fall of 2005. Workshop participants were asked to share their views on what an ideal *in motion* community would look like. Participants identified attributes in a community that is supportive of physical activity.

An ideal *in motion* community would have the following attributes:

1. Noticeable cooperation and vision
2. Accessible facilities with families being active together
3. People out on trails together
4. More community physical activity events with more participation
5. Whole family activity events
6. Bike and walking trails down main streets and through town
7. Everyone wearing pedometers
8. Policies reflect value of physical activity, for example school physical activity offered
9. Year round swimming pool
10. All citizens being active in their activity of choice.
11. All age groups being aware of and involved in *in motion*
12. Walking and bicycle trails only
13. No park zones in towns
14. Biking community events
15. Crowds of people coming together for social/active events
16. A wellness centre
17. Very few vehicles on main streets
18. Enrolment for sport events high
19. All age groups engaged in activity
20. Groups encouraging others
21. Paid staff person dedicated to increasing physical activity in every community
22. Strong links between the schools, RHAs, recreation commissions and the community
23. Lots of activity opportunities
24. Strong branding. New people coming to the community would see *in motion* materials and want to find out what it's about
25. Healthy people
26. Lots of walking trails, fields and green space that are well maintained, busy and well used by people of all ages
27. Reduced chronic illnesses
28. Better use of recreation facilities
29. Happy, active families that participate in physical activity together
30. Groups playing in the green spaces on weekends
31. Soccer fields
32. Lots of people outside
33. Facility use maximized in schools, rinks, diamonds etc
34. Equal access to sport for people of all incomes and cultures
35. Families playing outside together in safe neighborhoods
36. Noon hour walking programs in the schools and within the business district
37. Streamlined Recreational Delivery system
38. Streets that accommodate cyclists
39. People walking to work
40. City infrastructure that supports active lifestyles, i.e. lights on already made walking trails, sidewalks in all new developments
41. Low rates of overweight and obesity
42. Smiling people with lower stress levels and higher self esteem
43. More people moving
44. Indoor and outdoor walking paths
45. Developed activities for green spaces

