

# Osceola

## active-living

The citizens of America have become very sedentary. Hindered by the automobile, people are traveling to desirable destinations by walking and biking less and less frequently. Other modern conveniences such as drive-thru restaurants, strip malls, escalators etc. also contribute to the inactivity of the American people. The lack of sufficient exercise poses serious health risks, such as obesity, diabetes and high blood pressure. By simply creating communities that follow the guidelines of active-living we can create a community that is healthier both physically and mentally. All across the country, architects, urban planners, and community leaders have been supporting the development of active living within their communities. Active-living is simply defined as when physical activity is integrated into daily life. Therefore, some characteristics of a community utilizing active-living would be a pedestrian-scaled design, to encourage people to move through the town by foot rather than jumping in a car to the next destination. Additionally, creating a compact development decreases the walking distance between pedestrians destination and increases the likelihood of walking or biking. The next big concept within active-living is transportation and making it all interconnected to include easy accessible public transit options. A community connected through various modes of transportation (both physical and automated) results in more movement within the community.



### What is Active-Living?

Active-living is when physical activity is integrated into the citizens of the communities daily life.

Active-living is about creating safe and healthy communities that have a desirable destination within a reasonable walking and biking distance.



### Why is Active Living Important?

Regular physical activity has many health benefits such as lowering blood pressure, building and maintaining bone and muscles while reducing the risk of diabetes and colon/breast cancer.

Implementing active living principles within your community providing economic support, via increasing real estate values.



### Characteristics of an active living community

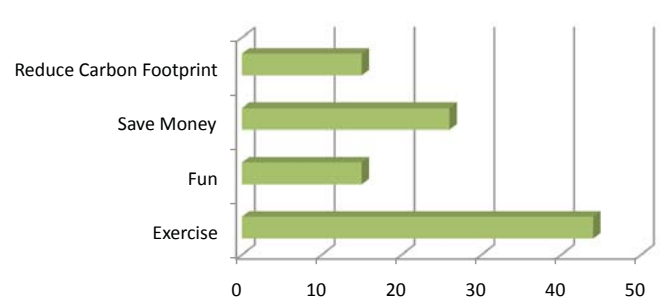
- Pedestrian-scaled design.
- Mixed-use development.
- Compact development.
- Slow, interconnected traffic.

### Funding for active living

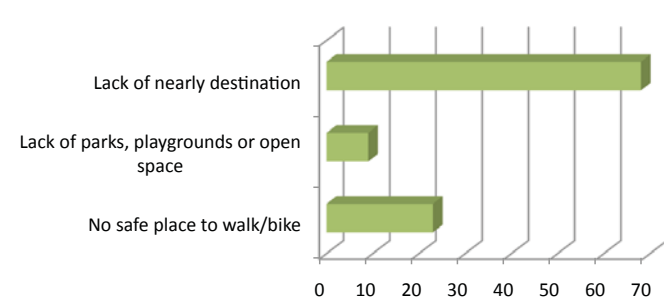
There are federal grants available for researchers and developers that implement or research active-living principles.

For more information about grants available for active-living, you can visit the active living website at [www.activelivingresearch.org/grantsearch](http://www.activelivingresearch.org/grantsearch).

Which would be your primary motivation to bike or walk to work?



What's your biggest obstacle to an active living lifestyle?



### Key Points

- People who live in neighborhoods with a mix of businesses within easy walking distance have a 35% lower risk of obesity.
- 43% of people with a safe place to walk within 10 minutes of their house meet recommended activity levels.
- Nearly 2/3 of the American population is overweight or obese.
- Physical inactivity is responsible for an estimated 200,000 deaths each year.
- 29% of American adults are sedentary and 70% do not achieve the recommended 30 minutes of moderately intense physical activity at least five times per week.
- Estimated costs of physical inactivity in the United States is \$37.2 billion annually.
- Between 1977 and 1995 the number of trips the average American adult took on foot each year dropped 21%.

