

ACT

# Active Living Principles



The ACT Government's vision for Canberra is to be a healthy, active, vibrant city that is well connected, compact and inclusive, innovative, creative and economic growth.

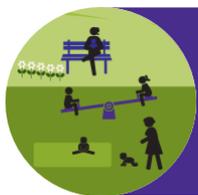
Six **Active Living Principles** have been developed by the ACT Government and the Heart Foundation to help frame how urban planning can play a vital role in shaping our city and can lead to economically, environmentally and socially thriving neighbourhoods.



## CONNECTED PLACES

Provides easy and safe access and connections to work, education, shopping and recreational venues and offer opportunities for positive interactions between people, helping to contribute to active, vibrant places where people can meet, live, work and play.

Connected places encourage people to choose to walk or cycle to local destinations rather than use a car especially when adopting the 'transport user hierarchy' of pedestrians (at the top), then cyclists, public transport followed by private vehicles.



## OPEN SPACE

Provides high quality accessible and connected parks for active sport and quiet recreation, the preservation of natural environments, the provision of green space and urban storm water management for people to undertake physical activity. It can vary in size, form and function, be adaptable to a wide variety of users and activities, and is inclusive for all community sectors of the community to use.



## MIXED LAND USE AND DENSITY

Provides a mix of housing options such as single units, multi-unit dwellings and apartments to create variety, interest and multiple destinations through a mixture of land uses. Places with mixed land use have a variety of activities located along a street or one above the other (such as shops at ground level, offices and residential development above). Compatible land uses and activities together can create a strong sense of place, improve accessibility, reduce travel distances and encourages physical activity in people's daily lives.



## SAFE AND ATTRACTIVE PLACES

Ensures that all public spaces feel safe and attractive to everyone using the space by including adequate lighting, clear sightlines and the prompt removal of graffiti and rubbish.

The attractiveness of a space encourages people to use it and the presence of people activating the space contributes to perceptions of safety.



## SUPPORTIVE INFRA-STRUCTURE

Facilities that support and encourage regular physical activity and builds a sense of community in public places by including a variety of amenities such as street furniture, lighting, street trees and landscaping, shade, shelter, water bubblers, way-finding signs, access ramps, public art, bike racks and bus shelters.



## ENVIRONMENTS FOR ALL

Ensures that the design of places and spaces allows equitable access for all people regardless of age, ability, culture, income or transport mode with the aim for people to feel more inclusive and connected to, and be part of, a community