

# AN ACTIVE POPULATION

More residents walking and cycling for travel

More residents walking and cycling for leisure

What does an active population look like?

More residents taking part in sport

More residents taking part in active recreation and leisure



More residents retaining a healthy body weight

People living independently for longer

More residents feel a sense of belonging to their neighbourhood

Reduced levels of anxiety and depression

More residents using parks and open spaces

Savings through prevention of Public Sector spending

Less cars on the roads

Increased volunteering and development

More residents feel happier and healthier

Stronger and more cohesive communities

Reduced isolation and loneliness

Improved air quality

Increased social trust

Reduced demand on healthcare services

A sustainable future

Impacts of an active population

Reduced inequalities

A thriving economy

