The Community Preventive Services Task Force Recommendation for Combined Built Environment Approaches to Increase Physical Activity

Connecting Activity-Friendly Routes to Everyday Destinations

An activity-friendly route is one that is a direct and convenient connection with everyday destinations, offering protection from cars, or making it easy to cross the street. Everyday destinations are places people can get to from where they live by walking, bicycling, or public transit. These destinations can include grocery stores, schools, libraries, parks, restaurants, cultural and natural landmarks, or healthcare facilities. Below are six examples of connecting activity-friendly routes to everyday destinations.