

Active Community Environments

(Ron Jones, MS, ACSM Health/Fitness Instructor, Corporate Wellcoach)



Active Community Environments (ACEs) are places where people of all ages and abilities can easily enjoy walking, bicycling, and other forms of recreation.



ACE areas support and promote physical activity.



ACEs have sidewalks, on-street bicycle facilities, multi-use paths and trails, parks, open space, and recreational facilities.



ACEs encourage mixed-use development and a connected grid of streets, allowing homes, work, schools, and stores to be close together and accessible to pedestrians and bicyclists.

* Ron Jones (5.21.08) Source: U.S. Centers for Disease Control

www.ronjones.org "High-Performance Health" © 2008

Get Fit.  Be Strong.