



# ACTIVATE YOUR NEIGHBOURHOOD

# A Tactical Guide for Physical Activity and Social Connection

The Tactical Guide contains dozens of ideas to help you re-imagine, re-think and re-purpose neighbourhood spaces to support and encourage physical activity and social connectedness. Here, we look at the second of seven tactics:



## Activate

Use visual displays of physical activity, such as sport demonstrations, organized games or the availability of sport equipment [e.g., portable basketball nets] to encourage spectators and participants to be more active. Here are a few ideas to get started:

### 1. Work out using park space

Turn any park, playground or open space into a workout space! Search some activity ideas and workout plans to get started, all without equipment and through any season. An urban exercise trail using what exists in nature and the built environment can create equitable access to play and fitness. Do step ups on fallen logs or the curb, push-ups using a park bench, skip down the sidewalk and jump over the cracks. The possibilities are endless!



Credit: Lisa Bain

Source: <https://www.prevention.com/fitness/a20484601/full-body-park-workout/>



Photo courtesy of C. Costas

### 2. Add bike parking to your street

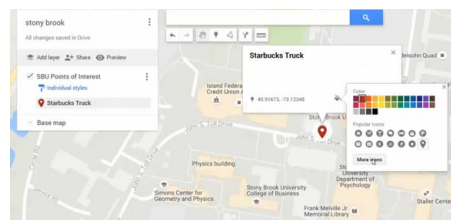
Encourage friends and neighbours to visit using active transportation. Ask if your municipality provides and/or installs bike racks at business locations or in residential neighbourhoods!



Source: Red stick figure commercial bike rack outside Western Addition Branch of the San Francisco Public Library, by Eric E Castro, CC-BY-2.0

### 3. Create a point of interest map

Do you have a special walking or wheeling route or places you like to visit in your neighbourhood? Create a point of interest map and guide your neighbours on a virtual tour by simply sending them a link!



Source: [https://www.youtube.com/watch?v=L4uECzRh0i0&ab\\_channel=DoITTrainingatStonyBrookUniversity](https://www.youtube.com/watch?v=L4uECzRh0i0&ab_channel=DoITTrainingatStonyBrookUniversity)



## 4. Be up front about play!

Brighten your neighbour's day with a little activity. Set up some **lawn games** on your front yard and put out a sign inviting people to use them whenever they see them out! Try setting up a coordinated "sprinkler symphony" on a hot summer's day for a sprinkler run/walk/wheel through the neighbourhood!



Source: [old\\_new\\_and\\_borrowed](#), Instagram

## 5. Sport equipment lending

Work with your local library or community centre to establish a sport equipment lending program, or create your own neighbourhood sport equipment swap using a cabinet like the "little free library" boxes.



Source: <https://www.pheamerica.org/2019/building-a-little-free-sports-library/>

### Here's more:

- Create a neighbourhood walking/wheeling tour podcast.
- Start a bike-lending and bike-fixing program.
- Leave a hockey net and sticks out or a basketball by a net and invite everyone to use them.
- Project recorded physical activity classes on buildings at different times of the day for people to participate.
- Start neighbourhood exercise classes – on your lawn, in your driveway, in the common spaces of apartment buildings, care residences and shelters
- Enjoy an afternoon of birdwatching.
- Invite people to use your rural property to explore, play on, or toboggan.

For more information about how to Activate Your Neighbourhood, visit [activateyourneighbourhood.ca](http://activateyourneighbourhood.ca).