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Thanks!

# Walking and Bicycling Creating Great Healthy Communities

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## PAHO

Promoting Physical Activity  
in the Caribbean

Port of Spain, Trinidad & Tobago

Tuesday, May 6<sup>th</sup>, 2008



Senior  
Associate



Senior  
Consultant



Senior  
Advisor



Member  
Board of  
Directors



Member  
Advisory  
Boards





  
**WALK  
& BIKE  
FOR LIFE**



**Saskatchewan Sidewalk PLOW**

Time to  
put away  
the winter  
equipment





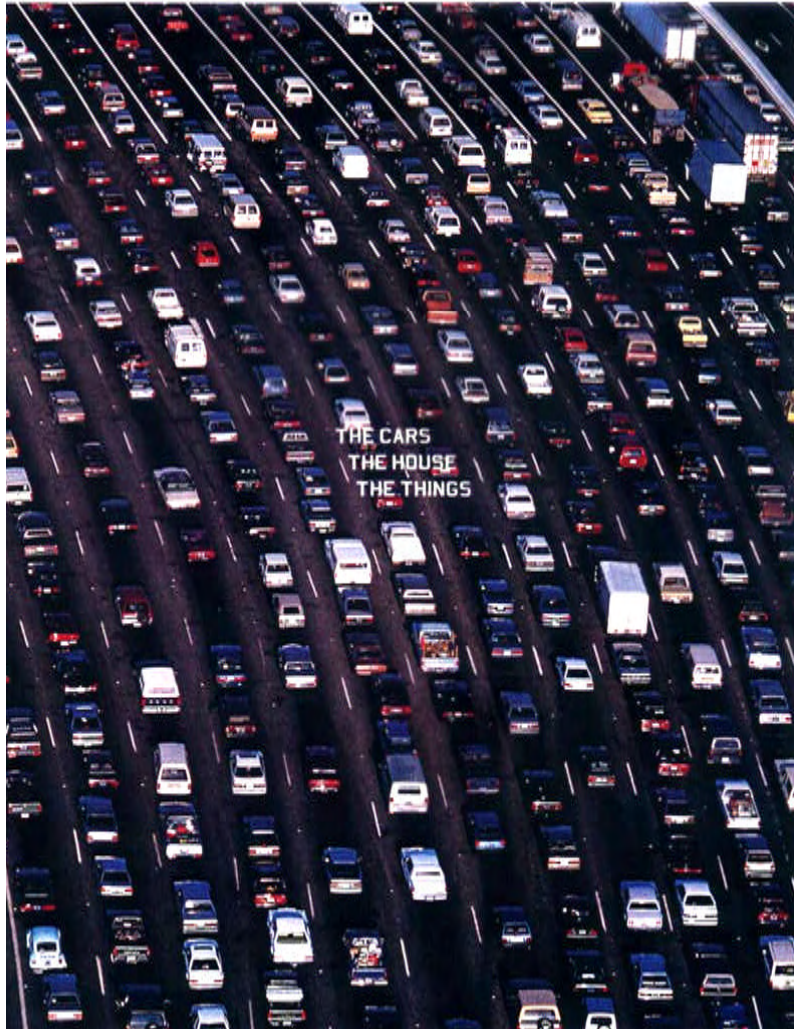
What kind of City  
are we going to build?



# How do we want to live?

(A city is only a means to a way of life)

When you define your city around cars,  
you get... more cars





  
**WALK  
& BIKE  
FOR LIFE**

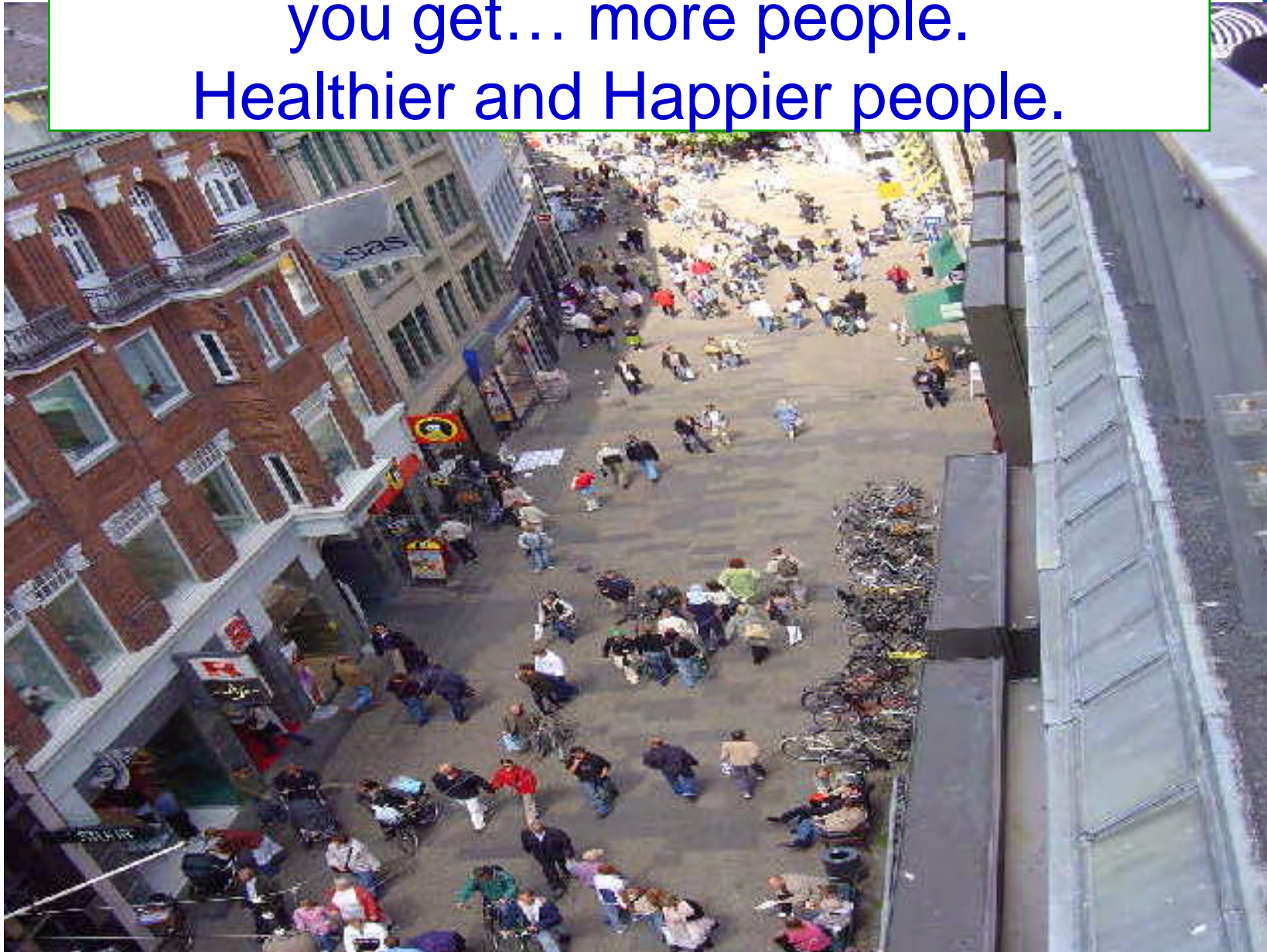
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IT'S THE ONLY OVERPASS WE'VE EVER BUILT THAT ACTUALLY REDUCES TRAFFIC.

When you define your city around people,

you get... more people.  
Healthier and Happier people.



You also get Healthier Communities  
and better Quality of Life for All



# Quality of Life and Economic Competitiveness



To attract and retain  
Highly Creative and  
Educated People  
is the greatest challenge  
of any city in the 21<sup>st</sup> Century



Every city's 21<sup>st</sup> Century priority:

To create life style environments to  
which “wealth” creating people  
are attracted



A good city is not a matter of engineering.

It is more akin to art.



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Gil Penalosa, Executive Director, Walk & Bike for Life

