

HOW TO BUILD A Healthy City



Step 1: Build exciting neighbourhoods

Mix it up! A mix of houses, stores, entertainment, and recreation make our cities lively and active.



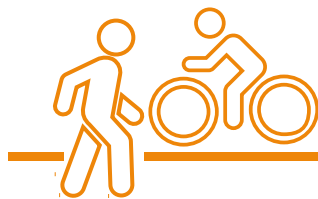
Step 2: Build in, not out

Build in existing urban areas to decrease reliance on cars, increase physical activity, and provide access to healthy food.



Step 3: Get feet on the street

Make biking, walking, and taking transit easy and safe options all year round. This is a chance to meet your neighbours and increase safety.



Step 4: Make your money matter

When cities build in urban areas and limit sprawl, tax payer dollars are better used.



Step 5: Enjoy and be healthy!

Learn more and see your Thunder Bay municipal candidates' views on building a healthy city by visiting our website:



www.tbdhu.com/healthycity