“ [...] The built environment has consistently been shown to affect the level of physical activity among the population; thus, there is much scope to use the setting of the city to increase opportunities for physical activity. [...] Well-planned walkable neighbourhoods, affordable housing and services with access to plenty of green and public space, as well as multimodal public transit options, will make a significant contribution not only to attainment of health goals but also to a more balanced and equitable urban development”.

World Health Organization Regional Office for Europe (2017). Towards more physical activity: Transforming public spaces to promote physical activity — a key contributor to achieving the Sustainable Development Goals in Europe.

Further reading:

- The Royal College of Chiropractors (RCC). Infographic. Physical activity: Get in the Habit!
- Rojas-Rueda et al. (2016) Health Impacts of Active Transportation in Europe. PLOS One