ACTIVE KIDS ARE HEALTHY KIDS
Choose active travel to and from school.

Introduce active travel into your routine. Even one day per week can help.

WALK, BIKE, AND ROLL
Get your kids to walk, bike, skateboard, or take public transit to and from school. They'll get some fresh air, exercise, and a feeling of independence.

DRIVE TO 5
Try parking just a few blocks away (5 minutes) and walk with your kids. You'll free up space in the school zone, get some fresh air, and have a chance to hear about your child's day.

WALKING SCHOOL BUS
Organize your own Walking School Bus program which allows children to walk to school together accompanied by adult volunteers.

THE CANADIAN 24 HOUR MOVEMENT GUIDELINES
recommends for ages 5 – 17

- SWEAT: 60 minutes daily
- STEP: 1 – 2 hours daily
- SLEEP: 9 – 11 hours daily
- SIT/SCREEN: less than 2 hours daily

Find out more: csepguidelines.ca

BIG BENEFITS

HEALTH
- Good for Heart & Bones
- Improved School Performance
- Less Anxiety & Depression
- Increased Alertness & Attention
- Better Sleep

COMMUNITY
- Fostered Friendships
- Better Understanding of the Local Area
- Increased Sense of Belonging

SAFETY
- Reduced Traffic Volume Around Schools
- Lower Risk of Collision & Injury

AIR QUALITY
- Reduced Vehicle Emissions
- Improved Air Quality
- Lower Risk of Lung & Cardiovascular Diseases

CROSS SMART
- Always cross at designated crosswalks and follow pedestrian signs and traffic signals.
- Watch for drivers turning left or right through the crosswalk.

For more tips and resources visit the schools tab at: translink.ca/travelsmart

Supported by: