

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.



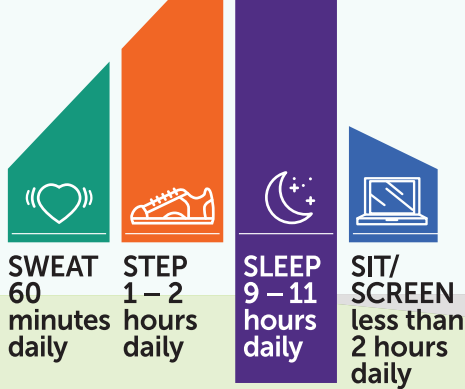
DRIVE TO 5

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.



THE CANADIAN 24 HOUR MOVEMENT GUIDELINES

recommends for ages 5 – 17



Find out more: csepguidelines.ca



WALKING SCHOOL BUS

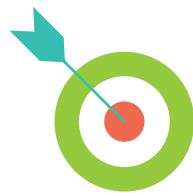
Organize your own Walking School Bus program which allows children to walk to school together accompanied by adult volunteers.

✓ BIG BENEFITS

HEALTH



Good for Heart & Bones



Increased Alertness & Attention



Improved School Performance



Better Sleep



Less Anxiety & Depression

COMMUNITY



Fostered Friendships



Increased Sense of Belonging



Better Understanding of the Local Area

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:

