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.

THE CANADIAN 24 HOUR

MOVEMENT GUIDELINES recommends for ages 5 - 17**SWEAT STEP SLEEP**

1 - 2

daily

Find out more: csepguidelines.ca

minutes hours

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.

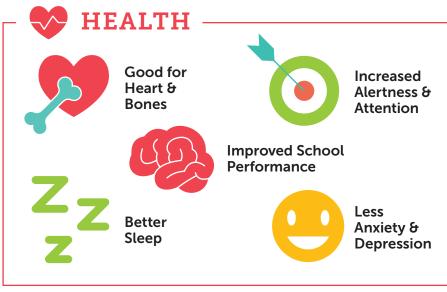


WALKING SCHOOL BUS

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



) BIG BENEFITS



SIT/

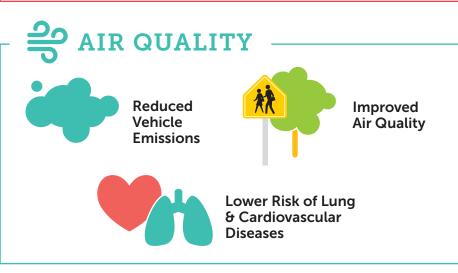
SCREEN

2 hours daily

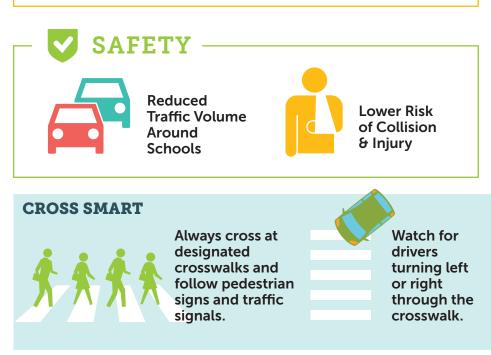
less than

9 - 11

hours daily







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











