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
Better Sleep
Increased Alertness & Attention
Less Anxiety & Depression

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: