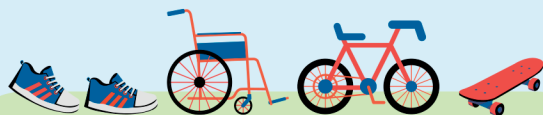


# Active kids

have healthy minds & bodies

Choose active transportation to and from school.



**Active transportation** means using human power to move! Walking, biking, or rolling are great ways to get to and from school or your bus stop. Your children will get to know their community, exercise, and be ready to learn.



## 5 benefits of active transportation



Increases level of physical activity and develops lifelong healthy habits

Boosts brain development, mental health, and academic performance



Improves sense of community through social interaction

Reduces traffic congestion and increases road safety



Reduces air pollution and improves air quality



## Keep it fun!

- ✓ Organize a walking group with your neighbours and friends
- ✓ Play games such as I Spy or scavenger hunts
- ✓ Theme your walks once a week – crazy hats, colourful sweaters, etc.
- ✓ Test out different methods of active transportation

## Need to drive?

Drive to 5! Drive your children to within a 5-minute walk from the school or bus stop and walk or roll the rest of the way.