

WHAT IS... ACTIVE TRAVEL TO SCHOOL?

Active travel can include walking, biking or taking transit to school—or walking part-way if your family needs to travel by car. Getting active helps students build healthy bodies and minds.

ACTIVE SCHOOL TRANSPORTATION

- improves self-confidence
- reduces stress and boosts feelings of happiness
- improves school performance and concentration
- allows social time with friends and family
- increases student's independence

How can I get active on my way to school?



60 minutes of heart-pumping physical activity are recommended daily for Canadians 5-17 years old.

Students who take at least 12,000 steps every day of the week meet the Canadian physical activity guidelines.

Active travelers get as much as 45 additional minutes of heart-pumping physical activity per day.



WALKING WEDNESDAY

Walk to school just one day a week to get started.

Walk with your family and bring along a friend.

Visit saferoutestoschool.ca for more ideas.

JOIN BIKE TO SCHOOL WEEK

Try this annual event and gain the skills to cycle year-round! Follow the road safety rules and make sure to dress in light colours to stay visible.

Visit biketowork.ca to find out more.

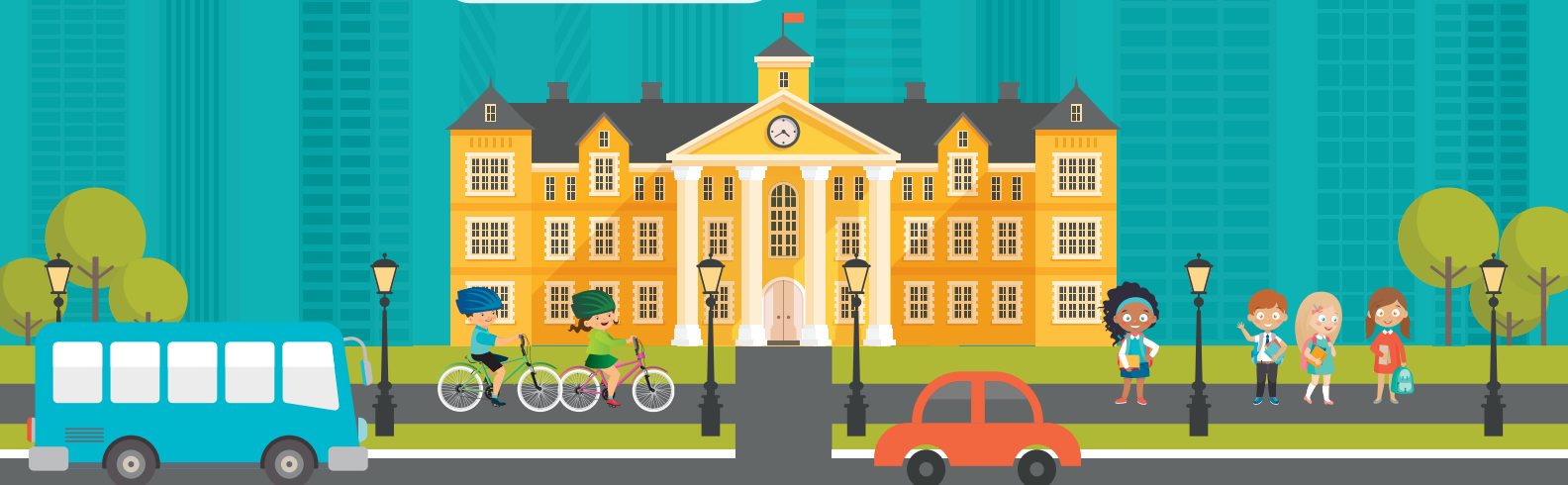
RIDE TRANSIT

It is the safest way to get around and can be fun! Try out the route as a family before letting students go solo.

Visit bctransit.com to plan your trip.

CARPPOOLING & DRIVE TO FIVE

Too far to walk or cycle? Carpooling can reduce emissions while strengthening friendships. Add a short walk by parking legally about a five minute walk away from school. Visit hastebc.org for tips.



Give active transportation a try this school year! Visit HealthySchoolsBC.ca for more healthy schools initiatives.

Sources: Canadian Society for Exercise Physiology 24-Hour Movement Guidelines for Children and Youth (2016); The ParticipACTION Report Card on Physical Activity for Children and Youth (2016); Active & Safe Routes to School Canadian Action Plan Inspiration Guide (2016); British Columbia Greenhouse Gas Inventory Report (2012); Litman, T. (2014). A new transit safety narrative. *Journal of Public Transportation*, 17(4). Thank you to HASTeBC and the CRD People Power program for their guidance.