

Active transportation in schools

Did you know that children need at least 60 minutes of physical activity each day?

Finding ways to fit this in daily routine is hard for busy families. Active transportation (AT) is any human powered form of transportation such as walking or wheeling (like cycling). Making the choice to send your child to school on foot or by bike is a great way to be active.

Children who walk or bike to school regularly enjoy many classroom and personal benefits, including:

- Improved concentration and better ability to manage with stress
- More social interaction and reduced feelings of isolation from spending time outdoors
- Saving money for families and fewer cars on the road
- Allows children to get the recommended 60 minutes of physical activity each day

Visit [Ontario Active School Travel](#) for more information on active transportation for schools.



Adapted from Ottawa Public Health