

THE MANY ACTIVE WAYS FOR YOUR CHILD TO GET TO SCHOOL

Island Health recognizes the importance of daily physical activity. Are your children getting 60 minutes of physical activity a day?

"Together, we can make active travel, like walking, cycling, or taking transit, part of our school routine - for the good of our physical and mental health and our communities."

~ Dr. Murray Fyfe, Medical Health Officer, Island Health

Walking or wheeling all the way to school or every day may not be possible for your family, but there are alternatives that you may not have considered. If you want to make the journey to school more active and get your kids into the lifelong habit of active travel, consider these options:

- ◆ Walking or wheeling (bicycle, skateboard, scooter, wheelchair) part way to school or one day a week for Freedom Friday or Walking Wednesday.
- ◆ Taking the school bus or public transit for all or part of the way.
- ◆ Ever heard of "Drive to Five"? A Drive to Five Zone is an area where parking is less congested but only a five-minute safe and comfortable walk from the school, so that kids can still stretch their legs (and their brains) with a five-minute walk.
- ◆ Ever heard of a "Walking School Bus"? Same idea as a school bus, but with walking. A group of students walk with adult chaperones along a designated route to school. Many schools have a walking school bus organized by parents. Get one going at your school!
- ◆ Ever heard of a "Bicycle Train"? Same idea as the Walking School Bus, but on wheels. It consists of a group of children with at least one Bicycle Train adult leader, cycling to school together along a designated route.

For more ideas and information:

- ◆ Your local [Public Health Unit](#)
- ◆ [Drive to Five Toolkit](#) (CRD)