



## IMPROVING YOUR FAMILY'S HEALTH WITH ACTIVE TRANSPORTATION

Imagine a community where parents and children use active transportation to get to places like school, parks and shops. Rather than sitting idly in a car, picture your family enjoying time together biking, walking or wheeling to your destination. Now imagine your kids feeling happier, healthier and stronger as a result!

Unfortunately, research shows that when it comes to kids using their own steam to get to destinations, Canada is experiencing a downward trend compared to a generation ago.\*

\*Active Healthy Kids Canada (2013) *Are We Driving Our Kids to Unhealthy Habits?*

### THEN

**58%** of kids walked to school

**17 MINUTES**

Average time youth spent walking each day

**550 METRES**

Average distance covered by kids who walked to school

### NOW

**28%** of kids walked to school

**11 MINUTES**

Average time youth spent walking each day

**480 METRES**

Average distance covered by kids who walked to school



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This decline in active transportation has a **negative impact on children and youth's daily physical activity levels** and, ultimately, their health. The good news is by taking actions to support active transportation and including it as part of everyday life, you can help build a stronger family and a stronger community.

## **FAMILY TIPS FOR ENCOURAGING ACTIVE TRANSPORTATION**

### **1. Teach your kids how to be safe pedestrians and cyclists**

*- Help kids develop good judgment on where to walk, wheel and ride, and where and how to cross streets.*

### **2. Gear up for active travel**

*- The right comfortable shoes can make all the difference when walking.*

### **3. Be a good role model**

*- For small trips of under 1km think twice before jumping the in the car.*

### **4. Encourage active transportation in your community**

*- Get involved with other parents to take turns walking children to school, or organizing a walking school bus.*

ParticipACTION is the national voice of physical activity and sport participation in Canada. As a national not-for-profit organization solely dedicated to inspiring and supporting healthy and active living for Canadians, it works with its partners to inspire and support Canadians to move more.

For more information, visit [www.participACTION.com](http://www.participACTION.com).



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