# An underrated habit for families to de-stress and exercise

Stressed out and concerned about your family's health and well-being? Try **biking to school**. Check out the map on the back of this page to find out how much exercise you can get on the way to school. Every bike trip counts.

## Boost your mental health by biking.

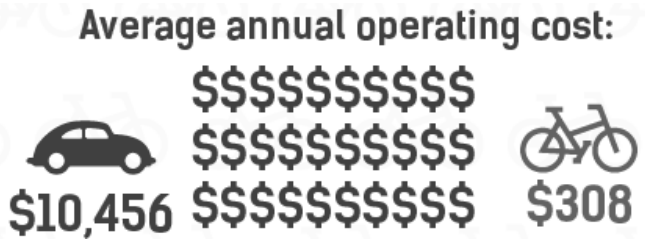
- The Mehrit Centre's Self-Regulation Toolkit lists biking as a way to lighten the stress load.
- Across Canada, parents and children who bike or walk to school report more positive emotions than those driving to school.
- Different from other sports or activities, biking lets children and youth get self-regulation in their daily routine by combining exercise with the functional task of getting to and from school.

## It's faster than you think.

- Biking is 3-5 times faster than walking.
- Most places in Ajax are within a 15-20 minute bike ride from where residents live.

## Save money.

The cost of buying and annually maintaining a bike combined is significantly less than the amount that families spend on gasoline in a year.




## Route options to help you get to school (or other places in Ajax)






***Did you know?*** Different from sidewalks, multi-use paths are wider and are designated for people walking, using mobility aid devices, biking, rollerblading, skateboarding, scooting, and other active types of non-motorized wheeling. Sidewalks are for pedestrians and are made of concrete tiles.

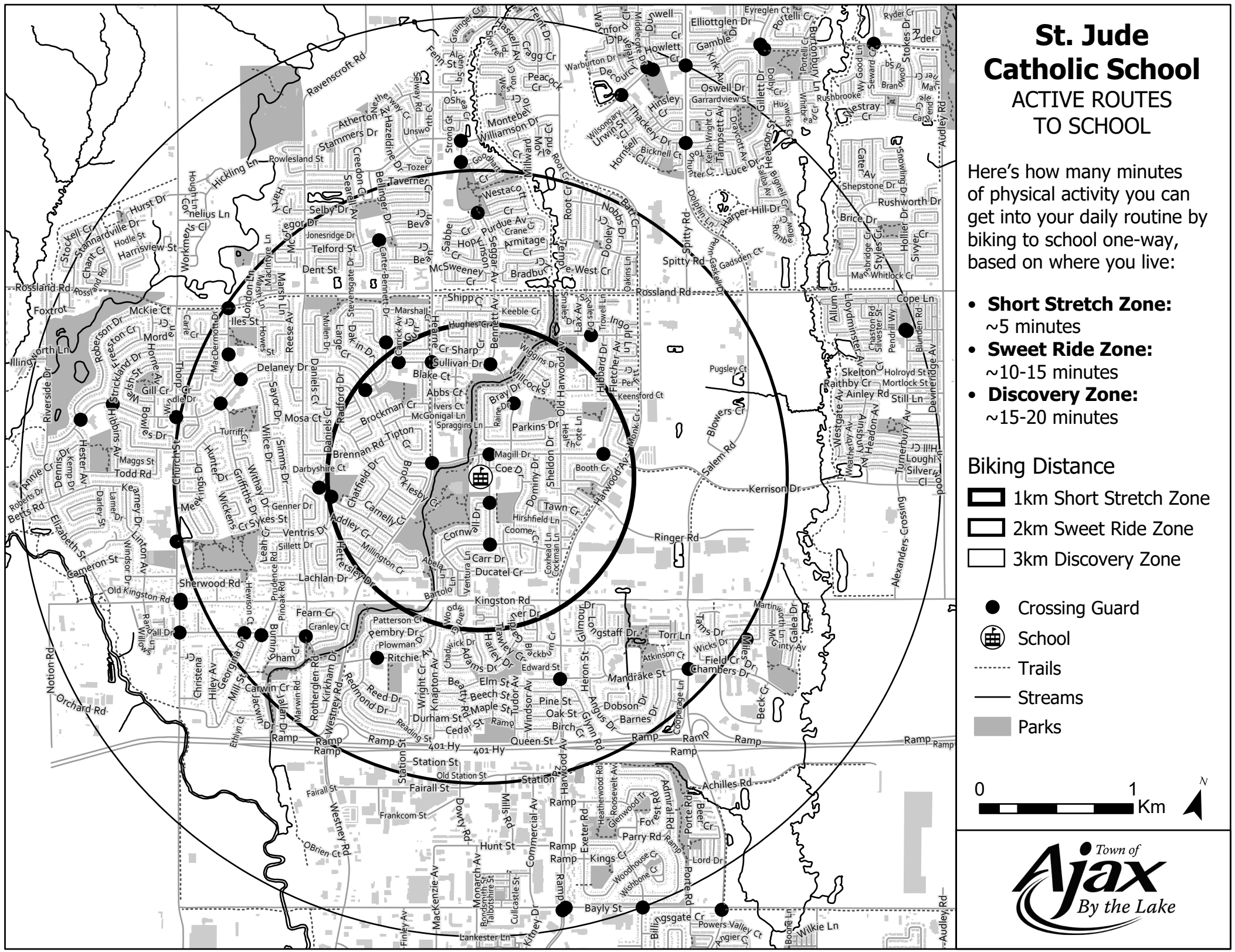
**Safety tips:** Slow down for pedestrians. Look and communicate with drivers and other users, especially when turning or crossing intersections.

Town of Ajax By the Lake

#GetAjaxMoving

Ontario Active School Travel

A program of Green Communities Canada


St. Jude Catholic School
ACTIVE ROUTES TO SCHOOL
Here's how many minutes of physical activity you can get into your daily routine by biking to school one-way, based on where you live:
• Short Stretch Zone: ~5 minutes
• Sweet Ride Zone: ~10-15 minutes
• Discovery Zone: ~15-20 minutes
Biking Distance
1km Short Stretch Zone
2km Sweet Ride Zone
3km Discovery Zone
Crossing Guard
School
Trails
Streams
Parks
0
1
Km
N
Town of Ajax By the Lake