An underrated habit for reducing stress (and traffic) on the way to school

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Try walking to school to help **reduce stress and for a healthy start to your day.** Use the map to see walking distances from where you live. Your school may be closer than you think!

Canadian Physical Activity Guidelines recommend **60 minutes of physical activity per day.** Walking, including with a mobility aid device, increases physical activity levels, improves heart health, and can restore energy while boosting mental health.

Live far from school?

Try parking in the groovy zone and walking the rest of the way. Get 10 minutes of physical activity and family time instead of spending 15+ minutes sitting in traffic. You can also drop off your child with a friend who lives closer to the school and they can walk together.

Tired of sitting in traffic?

More children walking to school reduces traffic congestion. Walking to/from school will also give you valuable time with your friends and family.

Weather Tips

- Bring an umbrella or a rain jacket plus water-resistant boots when it rains.
- Wear long sleeves, gloves, or a light jacket in colder weather.
- Let's look out for each other! In darker weather and times of the day, people driving cannot always see people walking. When walking, look at the driver and communicate before crossing the street. When driving, look out for people walking.

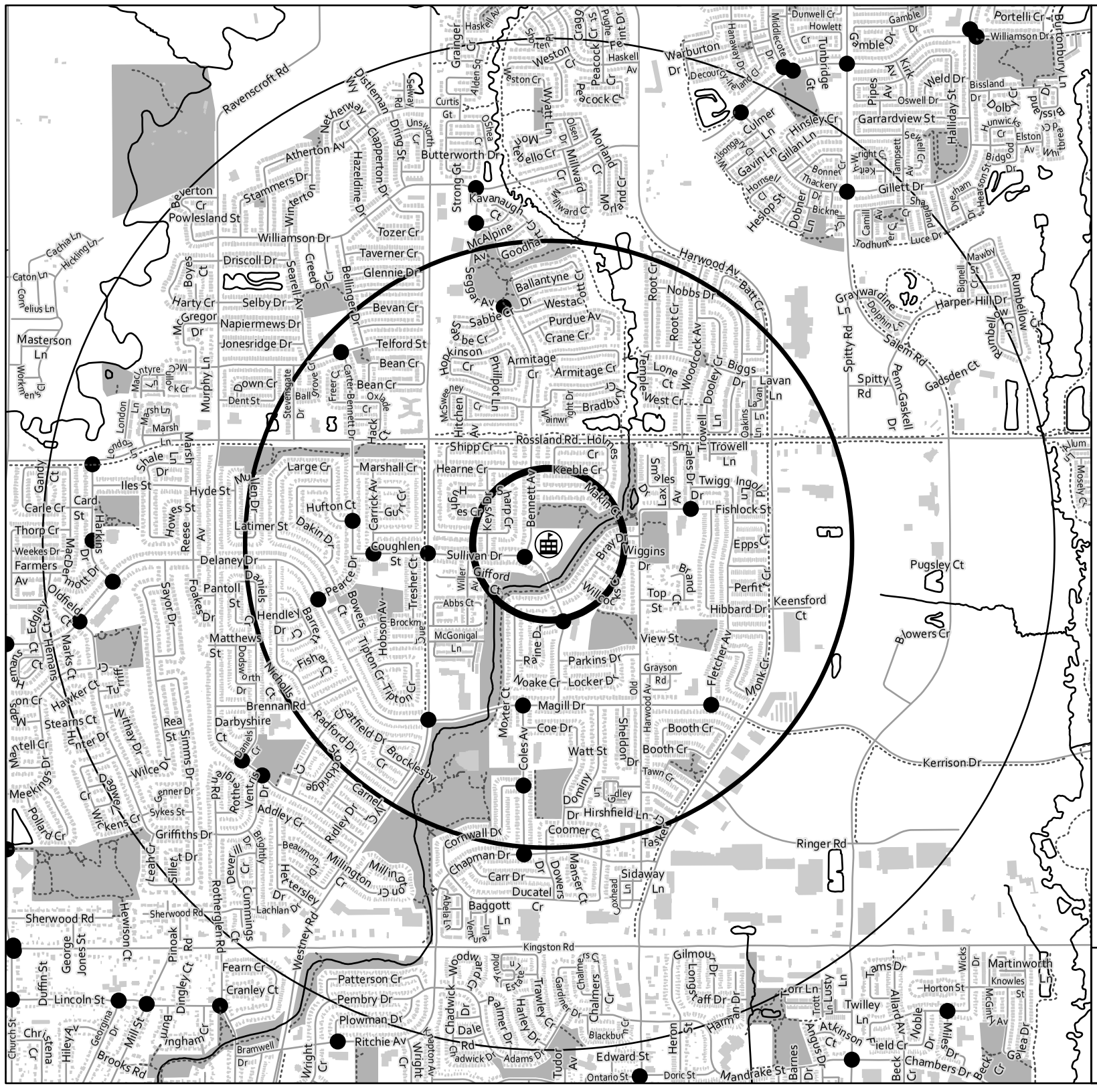
Every trip makes a difference.
Walk to/from school as often as you can!

Town of Ajax By the Lake

#GetAjaxMoving

Ontario Active School Travel

A program of Green Communities Canada


Ravenscroft Rd
Warburton Dr
Butterworth Dr
Kavanaugh Ct
McAlpine Ct
Williamson Dr
Powlesland St
Harwood Av
Rossland Rd
Shipp Cr
Hearne Cr
Keeble Cr
Sullivan Dr
Gifford Ct
Coughlen St
Delaney Dr
Latimer St
Hyde St
Marshall Cr
Large Cr
Hufton Ct
Carrick Av
Bennett Av
Wiggins Dr
Fishlock St
Twigg Dr
Trowell Ln
Epps Ct
Pugsley Ct
Blowers Cr
Kerrison Dr
Ringer Rd
Magill Dr
Coe Dr
Watt St
Booth Cr
Parkins Dr
Noake Cr
Locker Dr
Grayson Rd
View St
Hibbard Dr
Keensford Ct
Top St
Perfitt Cr
Fletcher Av
Monk Cr
Sidaway Ln
Chapman Dr
Carr Dr
Ducatel Cr
Baggott Ln
Cornwall Dr
Coomer Cr
Hirshfield Ln
Dominy Dr
Sheldon Dr
Coles Av
Moxter Ct
Brennan Rd
Darbyshire Ct
Radford Dr
Brocklesby
Addley Cr
Griffiths Dr
Millington Ct
Ridley Dr
Carnell Cr
Stockbridge Cr
Rothe Ventry Dr
Wilcox Dr
Withey Dr
Simms Dr
Rea St
Stearns Ct
Hawker Ct
Turriff
Marks Ct
Oldfield Ct
Eddley Ct
Hemmans Ct
Pollard Cr
Meekings Dr
Sherwood Rd
Rotherglen Rd
Westney Rd
Lincoln St
Duffin St
George Jones St
Pinoak Rd
Dingley Ct
Cranley Ct
Fearn Cr
Patterson Cr
Pembry Dr
Plowman Dr
Ritchie Av
Kingston Rd
Woodcrest Dr
Chadwick Dr
Dale Rd
Palmer Dr
Harley Dr
Trawley Cr
Gardiner Dr
Chalmers Cr
Blackburn Cr
Adams Dr
Edward St
Ontario St
Doric St
Mandrake St
Heron St
Harman Dr
Atkinson Ct
Twilley Ln
Horton St
Martinworth Ln
Knowles St
Wicks Dr
Tams Dr
Gilmour Dr
Longstaff Dr
Torr Ln
Trott Ln
Lusty Ln
Chambers Dr
Beckett Cr
Allard Av
Noble Dr
Miles Dr
Gillett Dr
Hornsell Cl
Heslop St
Dobner Dr
Bickne Ct
Thackery Dr
Bonnet Cr
Gillan Ln
Gavin Ln
Culmer Cr
Hinsley Cr
Garrardview St
Halliday St
Weld Dr
Oswell Dr
Pipes Av
Kirk Av
Tunbridge Gt
Howlett Cr
Dunwell Cr
Gamble Dr
Portelli Cr
Williamson Dr
Buttonbury Ln
Bissland Dr
Dolby Cr
Elston Av
Hearson St
Dyerham Dr
Shapland Cr
Camilla Av
Todhunter Cr
Luce Dr
Mawby St
Bignell Cr
Harper Hill Dr
Rumbellow Cr
Graywardine Ln
Dolphin Ln
Salem Rd
Gadsden Ct
Spitty Rd
Penn-Gaskell Dr
Lavan Ln
Biggs Dr
Dooley Cr
Woodcock Av
Lone Ct
West Cr
Root Cr
Nobbs Dr
Batt Cr
Ballantyne Dr
Westacott Dr
Purdue Av
Crane Cr
Armitage Cr
Sabbe Cr
Segger Av
Goodhall Av
Taverner Cr
Glennie Dr
Bevan Cr
Telford St
Bean Cr
Napiermews Dr
Jonesridge Dr
Selby Dr
Driscoll Dr
Searell Av
Greedon Cr
Bellinger Dr
Harty Cr
McGregor Dr
Boyes Ct
Beverton Cr
Winterton Dr
Stammers Dr
Atherton Av
Netherway Cr
Distleman Wy
Hazeldine Dr
Clapperton Dr
Dring St
Unsworth Cr
Sewell Rd
Curtis Gt
Alden Sq
Grainger Cr
Haskell Av
Weston Cr
Wyatt Ln
Olsen Dr
Morland Cr
Millward Cr
Orland Cr
Peacock Cr
Peacock Cl
Cragg St
Pegg Rd
Feint Dr
Haskell Av
Harewell Dr
Decourcy Ireland Cl
Wildacote Cr
Isongo Cr
Wright Cl
Kelly Cl
Tampsett Av
Sewell Cl
Whitmore Cl
Bridgood Dr
Unwicks Cr
Bissland Pl
Bissland Cr
Cachia Ln
Hickling Ln
Caton Ln
Cornelius Ln
Masterson Ln
Workmen's Cl
McIntyre Cl
McCallum Cr
Murphy Ln
Down Cr
Dent St
Stevensgate Dr
Ball Grove Cr
Freer Cr
Carter-Bennett Dr
Bean Cr
Oxlade Cr
Hack Cr
Marsh Ln
London Ln
Shale Ln
Gandy Ct
Carle Cr
Card St
Thorp Cr
Weekes Dr
Farmers Av
MacDermott Dr
Harkins Dr
Howes St
Reese Av
Pantoll St
Foakes Dr
Daniels Cr
Pearce Dr
Dakin Dr
Tresher Ct
Bowers Av
Hobson Av
Brockman Cr
Tipton Cr
Nicholls Cr
Fisher Cr
Barrett Ct
Hendley Dr
Matthews St
Bodsworth Dr
Orth Ct
Sawyer Dr
Oakes Dr
Abbs Ct
McGonigal Ln
Wiltey Av
Willcocks Gt
Bray Dr
Makin Gt
Keys Gdns
Hogan Cr
Laxton Av
Smiles Dr
Trowell Ln
Oakins Ln
Lavan Ln
Bradbury Cr
Wainwright Dr
McSweeney Cr
Hopkinson Cr
Phillpott Ln
Armitage Cr
Lamble Cr
Root Cr
Nobbs Dr
Batt Cr
Harwood Av
Old Harwood Av
Shelton Dr
Tawn Cr
Gidley Ln
Dominy Ln
Taskers Ln
Abbeyfield Ln
Sidaway Ln
Coxhead Ln
Dowers Ln
Manser Ct
Ducatel Cr
Baggott Ln
Lachlan Dr
Hettersley Dr
Millington Ct
Beaumont Dr
Brightly Dr
Devereux Dr
Communications Dr
Rothe Ventry Dr
Stockbridge Cr
Carnell Cr
Ridley Dr
Addley Cr
Sykes St
Genner Dr
Wilcox Dr
Withey Dr
Simms Dr
Rea St
Stearns Ct
Hawker Ct
Turriff
Marks Ct
Oldfield Ct
Eddley Ct
Hemmans Ct
Pollard Cr
Meekings Dr
Griffiths Dr
Leah Cr
Sillett