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.

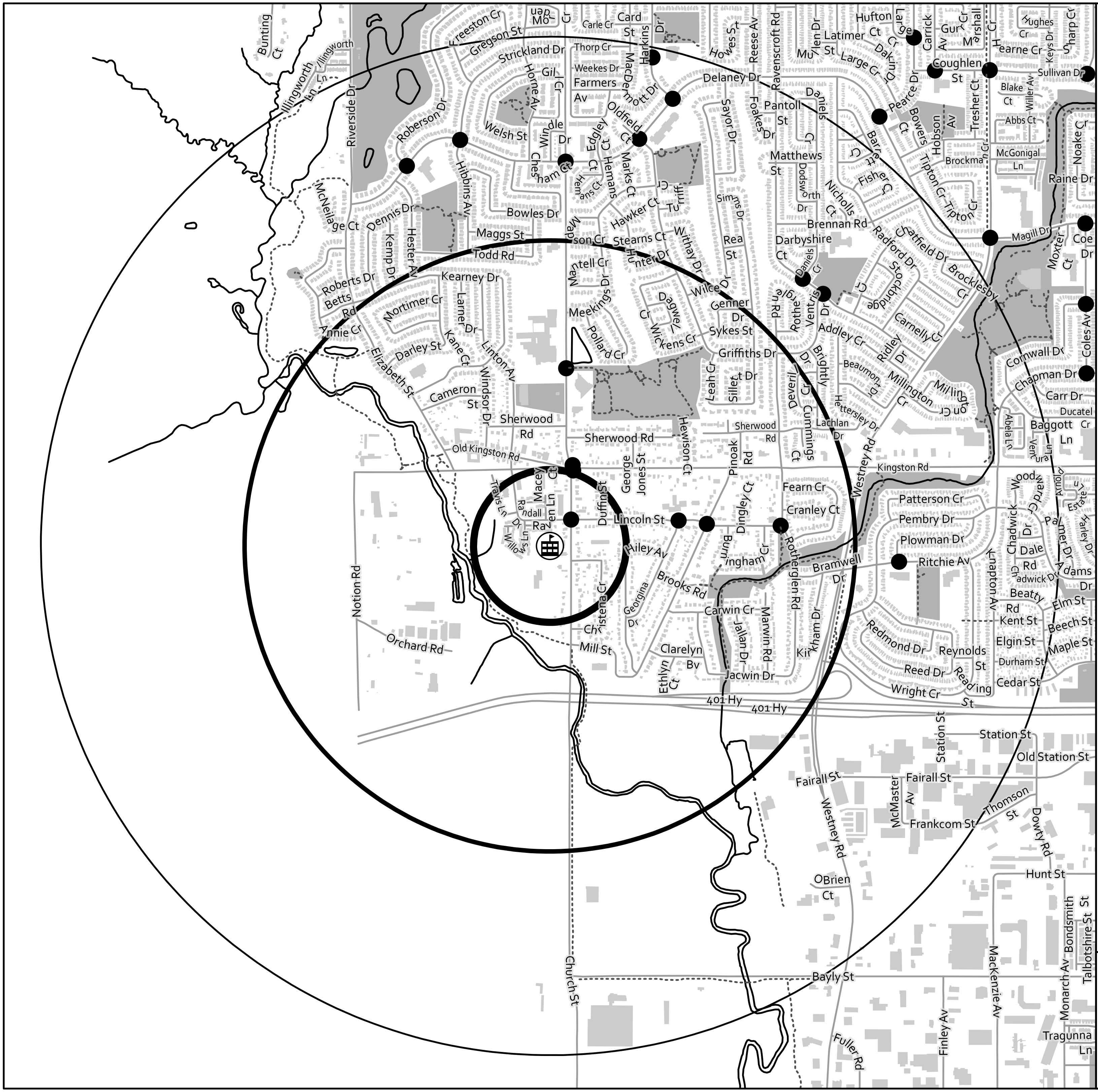
Every trip makes a difference.
Walk to/from school as often as you can!

Town of Ajax By the Lake

#GetAjaxMoving

Ontario Active School Travel

A program of Green Communities Canada



St. Francis De Sales Catholic School

ACTIVE ROUTES
TO SCHOOL

Here's how many minutes of physical activity you can get into your daily routine by walking to school one-way, based on where you live:

- **Inching Zone:** Up to 5 minutes
- **Groovy Zone:** 5-20 minutes
- **Journey Zone:** 20+ minutes

Walking Area

- ▭ 300 m - Inching Zone
- ▭ 1.2 km - Groovy Zone
- ▭ 2.0 km - Journey Zone

- ● Crossing Guard
- School
- ┄ Trails
- — Streams
- ▨ Parks

Town of Ajax By the Lake