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.

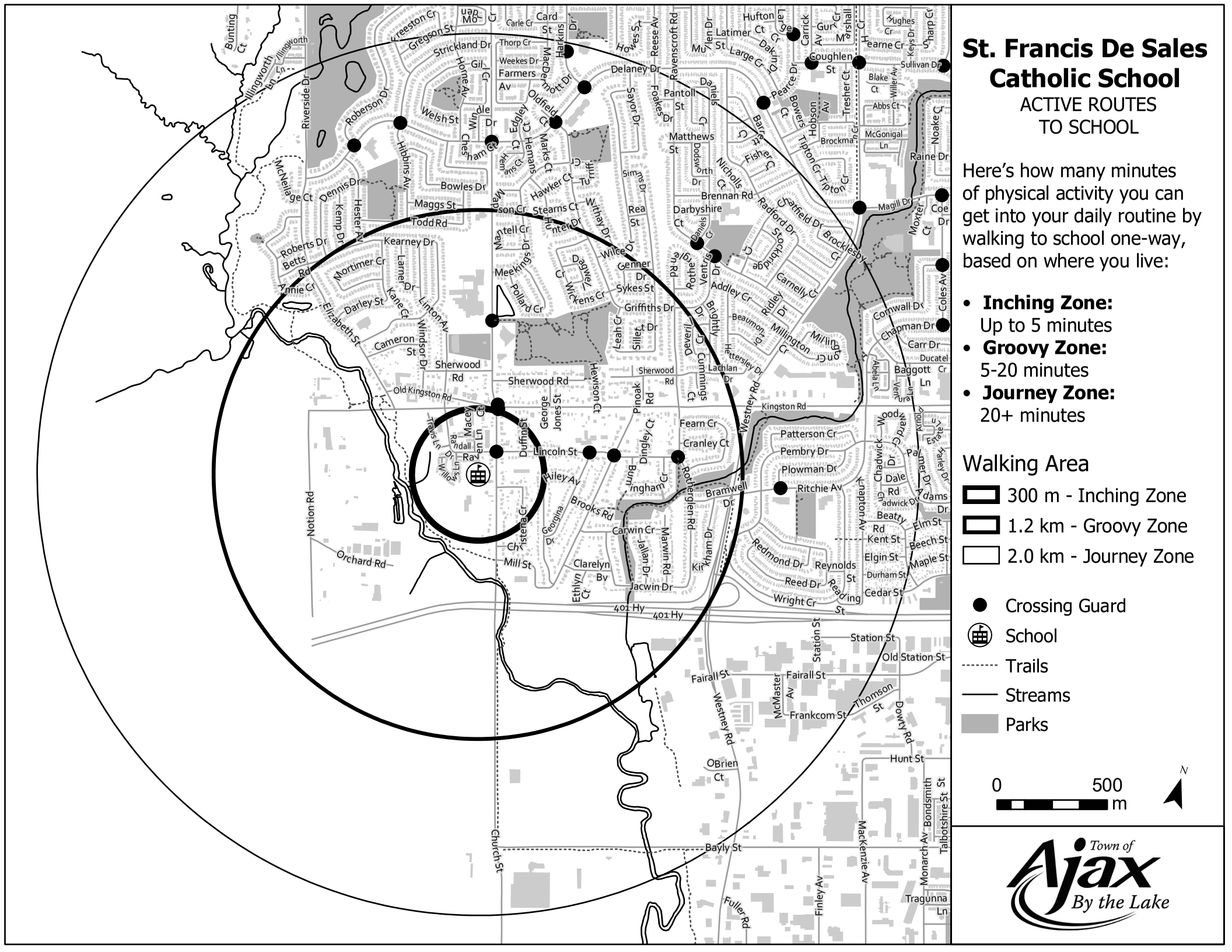
Every trip makes a difference.
Walk to/from school as often as you can!

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
0
500
m
N
Town of Ajax By the Lake
Lincoln St
Sherwood Rd
Kingston Rd
Old Kingston Rd
Notion Rd
Orchard Rd
Mill St
Church St
Bayly St
401 Hy
Westney Rd
Harwood Ave
Ritchie Av
Pembry Dr
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Riverside Dr
Roberson Dr
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Weekes Dr
Farmers Av
Horne Av
Gil Cr
Windle Dr
Chesham Cr
Edgley Ct
Oldfield Cr
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Addley Cr
Ridley Dr
Carnelly Cr
Millington Ct
Millington Gt Cr
Beaumont Dr
Brighty Dr
Hattersley Dr
Lachlan Dr
Cornwall Dr
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