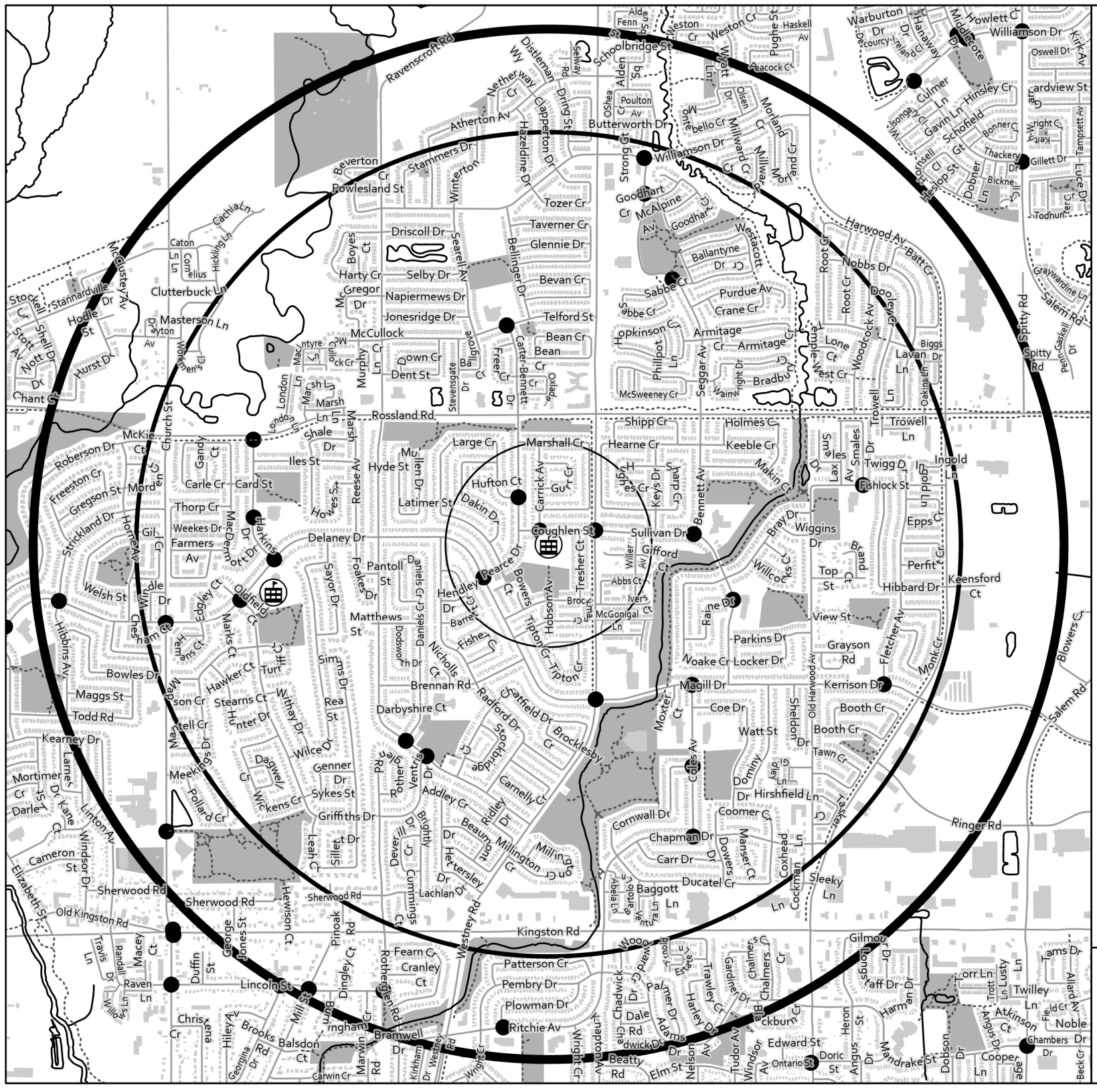

Lester B. Pearson Public School

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

- 400 m - Inching Zone
- 1.6 km - Groovy Zone
- 2.0 km - Journey Zone

- Crossing Guard
- School
- Trails
- Streams
- Parks

0 500 m

N

Town of Ajax By the Lake

Keep active: rain, snow, or shine.

Walk to & from school.

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!

Did you know that the Canadian Physical Activity Guidelines recommend **60 minutes of physical activity per day?** Walking, including with a mobility aid device, increases physical activity levels and can help restore energy while promoting self-regulation.

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.

Hate sitting in traffic?

Walking to school not only restores your energy but it will also give you valuable time with your friends and family.

Weather Tips

- Bundle up for the winter! Wear a winter jacket, scarf, tuque, gloves, and warm, water-resistant boots. Consider adding traction devices or ice cleats to your boots in icy weather.
- Bring an umbrella or a rain jacket plus water-resistant boots when it rains.
- Let's look out for each other! People driving in the winter cannot always see people walking in the dark. When walking, look at the driver and communicate before crossing the street. When driving in the dark, 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