

#GetAjaxMoving is an exciting new transportation awareness initiative, giving you the tools you need to get around Ajax easier, faster and smarter. This toolkit series is designed to help you make the switch to walking, cycling, transit, carpooling and telecommuting.

**By 2031, the Town of Ajax wants 30% of all trips to be made by:**



Ajax residents take many short trips all year round. We can make those trips more sustainable by walking, cycling or taking transit.

**Walk or bike**

It's a great way to stay healthy, spend time with family, and have fun!



Access more resources related to walking, biking, taking transit, carpooling, and working from home at [ajax.ca/getajaxmoving](http://ajax.ca/getajaxmoving).

Find more specific resources about **Active and Safe Routes to School**, including the Active and Safe Routes to School Manual, at [ajax.ca/asrts](http://ajax.ca/asrts).

For more information about #GetAjaxMoving:

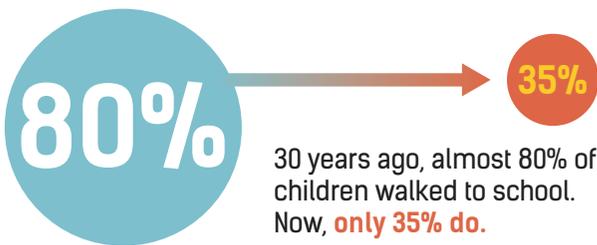
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**It's good for you**

Walking or biking to school is a great way to **increase children's physical activity level.**

**93%** of children and youth are not meeting **Canadian Physical Activity Guidelines.**



Daily physical activity is good for our health:



**It's smart**



**Biking is faster than driving** from door to door for most trips under 5 km. For many families, the distance between home and school is under 5 km, which makes biking a smarter choice.

**Build your child's road sense** by walking with them to school. As they grow older, they will become more prepared for independent trips.

**Better grades and performance**  
 Students who have an active morning journey arrive more alert and ready to learn. Studies show they score higher on tests!



**Keep it safe**



When we have more kids **walking and biking to school**



There will be **fewer cars on the streets**

There will be **more eyes on the streets**



**Join or start a Walking/Cycling School Bus**  
 Strength in numbers! Talk to other parents in the neighbourhood and organize to walk or bike to school as a group. Parents can take turns as volunteers. This will not only keep kids safe, but it will also help grow trust and build relationships in the community.

## I Spy Game

Write or draw something you see on your way to school that matches the clues below!

I spy with my little eye something that is...

red and round

on the ground

big and shiny

green and pointy

What other clues can you think of? Play this with your parents and your friends!

## Your Journey to School

How do you walk or bike to school?

Draw a map of your neighbourhood and trace the path you take to walk or bike to your school every morning.

## 30-Day Challenge

How to win: In the next 30 days, collect a sticker for each day you walk or bike to school. Collect 10 to win! Take a picture of this box when you have 10 stickers, and email it to [getajaxmoving@ajax.ca](mailto:getajaxmoving@ajax.ca). You'll be entered into a draw for a chance to win a prize from the Town of Ajax.

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