



DID YOU KNOW



70% of children are **not** being physically active for the recommended 60 minutes a day.*

**Grades 4-5, MDI 2024 Provincial Summary*

How Do You Get To School?

Bike, walk, or roll to school to boost your daily dose of exercise. Benefits include:

CHILDREN'S HEALTH



Brain Boost

Supports better mood, sleep, and focus, while lowering stress, anxiety, and depression.



Strong, Healthy Bodies

Builds healthy hearts, lungs, bones, and improves quality of life.

FUN AND PLAY



Play and Independent Mobility

Promotes children's development and resilience through play and building independence.

COMMUNITY WELLBEING



Navigation Skills

Builds awareness and enhances confidence in a more enjoyable environment due to lower traffic volumes.



Community Building

Creates a sense of community through social connection and trust.



Better for Everybody

Increases travel options and safety for all ages and abilities.



Improved Air Quality

Decreases vehicle emissions for cleaner air.

Walking, biking, rolling, and taking transit are fun and healthy ways to get around. Help your child start with just **one day a week** and see the positive difference it can make!

For more tips and resources visit: translink.ca/kidsprograms

