



## Walking to School



Remember when we all walked to school? Right now in Ottawa, only 20% of children use active means to travel to school. Decades ago that number was greater than 50%. Children who walk to school report feeling happier, get better grades, feel more relaxed, and less rushed on the trip to school. Active travel can also help improve their health in many ways. Consider ways to get your child to walk more.

Curb the trend and try this:

- **Walk and wheel to school.** Walk if the distance is less than 2 kilometres. Wheel if the distance is less than 7 kilometres.
- **Be a healthy role model as children watch & learn.** Research shows that active parents have active children.
- **Active kids are ready to learn.** When more time is spent being active, school marks actually go up!
- **Wear the gear. Be safe, be seen.** Walking and wheeling can be enjoyed safely when you follow the rules of the road and wear the right gear.

For more information contact Ottawa Public Health at 613-580-6744 or visit [www.ottawa.ca/health](http://www.ottawa.ca/health).