



# **DID YOU KNOW**

Walking and rolling to school helps kids get ¾ of their daily activity! Kids who move for 60 minutes a day are 46%<sup>\*</sup> more likely to experience high wellbeing.

\*Source: mdi.dashboard.earlylearning.ubc.ca

# Bike, Walk, Ride, Roll!

How travelling actively boosts children's health and community wellbeing

### **CHILDREN'S HEALTH**

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#### 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







