

Encouraging Active Transportation to School



In Canada, very few girls (4%) and boys (9%) meet the daily recommended 60 minutes of moderate to vigorous physical activity (1).

Walking school bus programs provide students with another method of active transportation (2).

Health Benefits

Social Benefits

Safety Skills

Increased Activity

The walking school bus program provides students with increased physical activity levels.



Support

Parents support continuing the initiative because they find the program useful for their children's mental health.



Learning Safety Skills

Students were able to learn about the rules of the road and how to be safe when walking.



Next Steps

Recommendations made by parents and children for the walking school bus program:



1. Use a wagon for backpacks.
2. Provide more routes.
3. Have paid employees to organize and run the program (2,3).