

GET AROUND USING YOUR OWN POWER

ACTIVE TRANSPORTATION

WALKING, BIKING, ROLLER BLADING and WHEELING are examples of active transportation.

- Walk or bike with your kids to daycare or school instead of driving them.
- Ride your bike to work instead of taking the car.
- Walk or bike to the grocery store with your kids.

BENEFITS OF ACTIVE TRANSPORTATION

- maintain a healthier lifestyle by increasing your physical activity
- reduce the amount of money you spend on gas and parking
- reducing road congestion
- reducing vehicle-related greenhouse gas emissions

Health Canada



Environmental Health and Safety