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

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