

GET ACTIVE  
OUTDOORS!



**Five Hills  
Health Region**

*Healthy People – Healthy Communities*

## Active Transportation

Walking, biking, in-line skating, & skateboarding – is an important source of physical activity for children and youth. Kids who use active transportation to get to and from school can accumulate up to 45 more minutes daily of physical activity compared to kids who get to school via car or bus.

Walking to school is one of the easiest ways to build physical activity into your kids' daily routine. If you're thinking about getting started, go to the Saskatchewan in motion website by [clicking here](#) for tips addressing the most common concerns around walking to school.

For additional tips on how to increase your kids active transportation [click here](#).