

WAY2GO!

Using student ideas to promote active travel to school

WHAT IS ACTIVE TRAVEL?

Active travel is people-powered, like walking, biking, and boarding all or part-way to school. It includes public transit: research shows that children who take the bus are more physically active!

WHY ACTIVE TRAVEL?

Physical activity boosts students' health and well-being. Research shows that kids who use active travel get up to 45 additional minutes of activity per weekday than those who travel by car. Active travel improves self-confidence, reduces stress, and improves school performance.

WHO NEEDS SUPPORT?

Most kids are not moving enough, and research shows that students who identify as girls are less active than those who identify as boys. We held focus groups with 79 students about their ideas to encourage active travel. These ideas can help all kids be active travelers!



ELEMENTARY SCHOOL

"IT'S JUST PLAIN FUN TO BE AN ACTIVE TRAVELER!"

For elementary aged students, fun rules! Simply exercising is the best part of active transportation - doesn't it feel good to get your heart pumping in the morning?

MIDDLE SCHOOL

"ACTIVE TRAVEL IS GOOD FOR MY FRIENDSHIPS AND THE ENVIRONMENT."

Middle school students said time with friends and helping the environment were top priorities. Active travel is a two-for-one!



SECONDARY SCHOOL

"I CAN SHOW MY INDEPENDENCE THROUGH ACTIVE TRAVEL."

Teens crave freedom. They are learning to be self-sufficient and independent, including in how they get around.

