

BENEFITS OF ACTIVE TRAVEL

Active travel uses any form of transportation that relies on human-power to move. In the CRD, many people already walk and wheel on a bike, skateboard, rollerblades, scooter, and wheelchair.

Students who walk and wheel to and from school (fully or part way!) can:



Improve their physical and mental health



Arrive alert and ready to learn



Save time and money



Be more self-reliant to support parents with household schedules/routines



Feel present and connected



Build confidence and capability



Reduce traffic congestion and Green House Gas emissions



Help support sustainable communities through behavioural change