

JANUARY AST NEWSLETTER 2020

New Year, New Habits, New Routines

It's a new year and perfect time to think about creating new habits that are not only good for your health but good for the environment and the community you presently live in, and future generations to come. Active School Travel is one easy habit that does so.

In the winter months, walking and riding the school bus to and from school plays a large role in reducing traffic congestion around schools, reducing greenhouse gases and creating safer school communities overall. Establish a routine that allows you and your family to incorporate active school travel, by making simple changes such as leaving 5 minutes earlier, planning a walking route or creating a walking group with community members!

Remember, it only takes 21 days to create a habit. Consider making small changes to your routine to get these benefits that will have long lasting impacts on you and your child's lives in years to come. Include active travel as part of your day-to-day life.



Why Winter Walking Can be a Better Option!

Many of us believe we need a car to get around, especially in the winter. However this is not true. It can actually be easier to get around on foot in the winter when you dress appropriately, and at the same time, be a lot less stressful. Each vehicle on the road contributes to auto-related accidents and deaths. Especially in the winter, we often do not have the same control in a vehicle as we do walking. According to the Centres for Disease Control and Prevention, for children 5 to 10 years of age, most injury deaths are due to being an occupant in a motor vehicle accident. Traveling to school by walking can be enjoyable, safe and healthy!

Winter Walk Day! – Feb 5th, 2020

Winter Walk Day is celebrated by schools across Canada on the first Wednesday of February each year. Walking to and from school is fun every day, so we encourage you to journey outside throughout the entire month of February! This year, Winter Walk Day is on Feb. 5, 2020.

Schools and Parents are encouraged to visit

<https://ontarioactiveschooltravel.ca/winter-walk-day> to plan and promote a winter walk day in your school community. Let us know if you are interested in participating so we can support you. By dressing for the weather, keeping active and staying hydrated, you can stay warm and enjoy the winter weather!

For those who can't walk to school every day, choose active travel, two or three times a week can still provide benefits. You can also consider parking a block away and walking the rest of the way!

