

# The Benefits of Active and Sustainable School Transportation

Active and sustainable school transportation describes using any form of transportation that relies on human power for the journey to and/or from school, such as walking, using a wheelchair, riding a bike, riding a scooter, skateboarding, rollerblading or taking the bus.

## HEALTH & WELL-BEING



- Support physical and mental health
- Decrease stress, anxiety and depression
- Encourage social interaction and improve social skills
- Promote lifelong healthy commuting habits

## PERSONAL & ROAD SAFETY



- Reduce traffic congestion
- Lower risk of collision and injury
- Practice valuable pedestrian, cycling and transit skills
- More eyes on the street with safety in numbers

## CLIMATE ACTION & AIR QUALITY



- Lower environmental footprint
- Reduce vehicle greenhouse gas emissions
- Improve air quality by reducing air pollution
- Lower risk of lung and cardiovascular disease

## ACADEMIC & LIFE-SKILLS



- Arrive energized and more able to concentrate
- Improve student learning and academic outcomes
- Cultivate decision-making and time and risk management skills
- Build confidence, capability, independence and autonomy

## COMMUNITY & HOUSEHOLD



- Save time and money
- Better understand the local area
- Increase sense of belonging and community connection
- Relieve pressure and stress from household routine