

Move More for Better Health

Build active transportation into your daily routine



Walk your kids to school

Children aged 5-17 should aim for 60 minutes of daily physical activity for health benefits.



Complete your errands on foot

Adults need 150 minutes of physical activity per week to reach their targets and see health benefits.



Walk or bike to work

Start your day right by walking or biking all or part way to work instead of driving.



Improve your health, support others, reduce air pollution, and save money.

Support built environment projects in your community to make active transportation the easy choice.