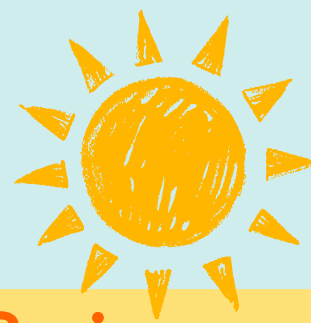


# THIS SPRING, TAKE THE ACTIVE ROUTE



## Simple Ways to Add Movement to Your Day This Spring

Active transportation benefits both your health and the environment. Regular walking or cycling can reduce the risk of heart disease, while transportation is a major source of Canada's greenhouse gas emissions.

### What is Active Transportation?

Active transportation is using your own power to get from one place to another. This includes:

- Walking
- Biking
- Skateboarding
- Jogging and running
- Non-mechanized wheel chairing



### Why Active Transportation Matters

Regular active transportation can:

- Improve heart health
- Boost mood and mental and social well-being
- Reduce stress and fatigue
- Enhance focus and productivity
- Support a cleaner environment



### Working From Home? Try This

- Take a short walk before starting your workday
- Walk to grab lunch or coffee/tea/beverage break
- Try walking meetings when possible
- Use a bike for short errands

## Even 10-15 minutes of walking or biking can make a difference

### Spring Is the Perfect Time

With longer days and warmer weather, spring is a great opportunity to:

- Restart outdoor routines
- Explore local trails or parks
- Build healthy daily habits
- Try new outdoor activities



### Quick Tips

- Start small
- Wear comfortable shoes
- Use safe walking/biking routes
- Make it part of your daily routine
- Walking to public transit
- Park a little farther to add extra steps

Small steps—like walking or biking—can make a big difference for your health and the environment. For more resources on physical, mental, and nutritional health, visit the **Workplace Wellness and Health** section on **alpha's website [here](#)**.