



**STRIDE AND
RIDE**

Increase active transport everyday

Active transport is walking, riding or actively travelling to or from your destination. It is a great way to get active everyday.

Tips to help your family use active transport everyday:

- Walk or ride with your family instead of taking the car when going short distances.
- Encourage children over two to be active and not rely on a stroller.
- If you need to drive somewhere, park the car a short distance away and walk together the rest of the way.
- Use public transport as an option of travel.
- Look locally for places the family can walk to such as the park.
- Teach your child traffic safety rules.
- Hold your child's hand when crossing the road.
- As a driver, a passenger and a pedestrian, be a positive role model for your child.

Use these tips to encourage your child and family to use active transport to travel everyday.

www.goforyourlife.vic.gov.au/kids