



Move a little, live a lot.

Planning Your Active Travel to School

Looking for ways to incorporate more walking, biking, and rolling into your everyday schedule? Use this guide to identify obstacles and brainstorm solutions.

in partnership with

massDOT
Massachusetts Department of Transportation

 MASSACHUSETTS
Safe Routes to School
MASS.GOV/SAFE-ROUTES-TO-SCHOOL

Step 1: Identify Your Barriers

First, think through what could stand in your way. Answer these questions as a starting point:

- Do you need to ride a bus part of the way? Are the sidewalks on your route in good condition?
- Do you have early morning or after-school commitments that make timing tricky?

Step 2: Solutions Station

For every barrier, there's a likely solution. Here are some considerations:

- Is there a more efficient or safer walking or biking path to take?
- Can you find one or two days during the week where you may have extra time? Could you wake up earlier or rearrange activities?

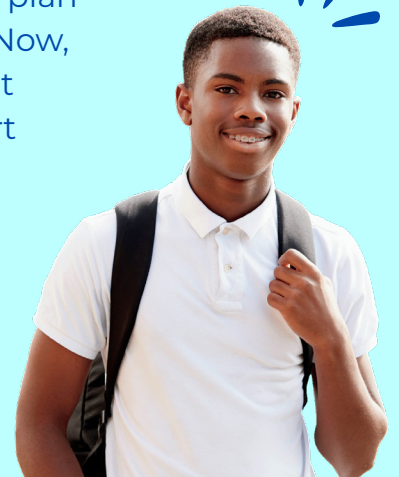
Step 3: Gear Check

Make sure you have what you need for a safe and comfortable journey. Take a look at some thought-starters:

- Wear appropriate shoes and safety gear like helmets, reflective clothing, and lights.
- Tune up your bike, scooter, or other travel equipment.
- Carry a water bottle and sunscreen.

Step 4: Go For It!

You've got your plan and your gear. Now, it's time to put it into action. Start small and add more active travel bit by bit.



6 Active Travel Ideas to Build into Your Routine

Every bit of movement counts towards a healthier lifestyle, like getting more time outdoors and clearing your stress. Here are ideas to increase walking, biking, and rolling in ways that fit your interests and schedule.

1. Take a Scenic Route

Choose longer paths to classes or between activities to gain extra moves.



2. Add in Breaks

Between homework or when you have spare time, take a 10-minute walk or bike ride.



3. Join or Start a Club

Meet up with friends for monthly group events for walking, biking, and rolling.



4. Mix It Up for the First-and-Last Mile

Walk or bike to your bus stop or get dropped off nearby the school to walk the last stretch.



5. Plan Weekend Adventures

Hit the trails and parks with family and friends to explore.



6. Set Personal Goals & Celebrate Achievements

Challenge yourself to reach walking, biking, and rolling milestones each week.

