

WEDNESDAY, OCTOBER 4TH

Walk & Roll

To School Day

Why Walk?

MAKINGKANEFITFORKIDS.ORG



- ✓ Evidence shows that children who are physically active on the way to school burn off some of their excess energy and focus better in school.
- ✓ Walking has been shown to improve mental health, happiness, and well-being.
- ✓ Children need at least an hour of physical activity per day, and walking or cycling to and from school is an ideal way to get some of that activity, and it's free!
- ✓ Cuts down on car use and reduces air pollution.
- ✓ Cost – This one's easy... the amount you spend on gas will go down!
- ✓ Walking to school allows children to have extra time in the day to build friendships.
- ✓ Walking home can be a great time to think, relax, and mull over their day.



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