

## WALKING TO SCHOOL—IT'S NOT JUST GOOD FOR YOUR HEALTH

Over the last five decades, there has been a decline in the number of children walking to school in countries including Canada, Australia, New Zealand, Switzerland, the UK and US. We know that walking to school is good for our physical health. Here are some other great reasons to encourage our kids to get to school actively:

- Helps children practice problem solving and decision making.
- Gives children time to interact with nature.
- Provides some social time and can help build friendships.
- Helps children practice road and traffic safety skills.
- Helps decrease stress and anxiety and increase concentration at school.
- Gives parents and caregivers a chance to talk and connect with children on the way to school.
- Improves road safety near schools with less traffic and less air pollution in the school area.



Encourage your child to walk, bike, scooter or skateboard and always remember their helmets! Visit [www.ontarioactiveschooltravel.ca](http://www.ontarioactiveschooltravel.ca) for great ideas when planning active ways to get to school.

Information taken from [www.utoronto.ca/news/why-walking-school-better-driving-your-kids](http://www.utoronto.ca/news/why-walking-school-better-driving-your-kids) on September 24, 2018

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