

# Why Walk to School?

## Do it for your body

### Walking regularly ....

- increases blood flow to the brain, which is linked to better cognitive function and improved memory
- improves fitness level and muscle endurance
- boosts circulation and the delivery of nutrients to your skin
- benefits your heart and digestive system

## Do it for your self

### Walking to school regularly...

- gives you time to reflect and prepare mentally and emotionally for the day ahead
- gives you time to chat with your friends or listen to your favourite music
- gives you independence

## Do it for your community

### Walking instead of driving...

- reduces traffic congestion
- improves local air quality
- increases local vibrancy
- makes it safer for everyone

## Do it for your planet

### Walking instead of driving ...

- reduces carbon emissions
- reduces fossil fuel dependency
- reduces air pollution

## Think about it

### Walking saves an estimated 130g of CO<sub>2</sub> per kilometre

- How many kilometres do you travel each day or each school year (167 days)?
- How much CO<sub>2</sub> could you save?



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## If you live too far to walk to school....

Why not try to 'Park and Stride'. This is where you are dropped off away from the school zone and walk the rest of the way to school. Small things can make a big difference