



PRIME MINISTER

MESSAGE FROM THE PRIME MINISTER

WALK SAFELY TO SCHOOL DAY 2018

This year marks the 19th National Walk Safely to School Day and I encourage everyone to get on their feet in support of this wonderful initiative.

Physical fitness is not just about having a strong and healthy body; it's vital to overall happiness and wellbeing.

Regular exercise builds muscles and flexibility, but also improves our mood by lowering stress, anxiety and fatigue.

When enjoyed together with a nutritious diet, physical fitness has the potential to help all of us feel better and learn better, and lead more active and enjoyable lives.

Walking regularly does not have to be difficult. It can be as easy as getting off the bus a few stops earlier, parking the car further away, or walking with friends and family all or part of the way to school.

That is why I am proud to support the Prime Minister's One Million Steps campaign in partnership with the Heart Foundation. The campaign was launched in March and runs through to August 11. It is not too late to sign up. For more information go to <https://walking.heartfoundation.org.au/one-million-steps>.

This Walk Safely to School Day, I encourage everyone to make it a day of resolution to take greater 'strides' to improve their health.

A handwritten signature in blue ink, appearing to read 'Mal Turnbull'.

The Hon Malcolm Turnbull MP
Prime Minister of Australia

15 May 2018