



Friday 15 May 2009

Active Kids are Healthy Kids!

QUICK FACTS ABOUT THE EVENT

National Walk Safely to School Day:

- Is an annual event held in Primary Schools around Australia on **Friday 15 May 2009**.
- Asks parents and carers to walk their primary school aged children to walk all or part of the way to school. Those who can't walk the whole way are asked to combine a walk with public transport or to park the car a good distance away from the school and walk the rest of the way.
- Encourages regular physical activity because **active kids are healthy kids**.
- Helps to **reduce hazardous traffic congestion in and around schools**, creating pedestrian-safe areas for children entering or leaving school.
- Is a way parents, teachers, carers and students can help **ease global warming and climate change**, as they reduce car-dependency.
- Teaches children **healthy lifestyle habits from a young age** as they learn that walking is the best form of exercise. It's easy, free and almost anyone can do it at anytime. And these habits tend to last a lifetime.
- Can be celebrated on the day at school with a Healthy Breakfast designed by leading nutritionist Dr Rosemary Stanton.
- Is now in its tenth year.
- Expects to have more than 8,500 participating schools around the nation.
- Is an initiative of the Pedestrian Council of Australia – www.walk.com.au



For more information visit Walk.com.au or contact the National PR Manager:
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