



DIARY ALERT

Active Kids are Healthy Kids

National Walk Safely to School Day is on Friday 18 May 2012

Teachers, parents and carers throughout Australia are reminded to put Friday 18 May 2012 in their diaries: It's National Walk Safely to School Day.

Now in its thirteenth year, the event promotes regular walking, public transport, reduced car-dependency, cleaner air, improved diets and road safety, to primary school children throughout Australia.

For the first time, thanks to Google Maps, parent, carers and pupils can find the best walking route to school by clicking on the side-bar link at walk.com.au

WHAT: National Walk Safely to School Day

WHEN: Friday 18 May 2012

HOW: Walk to school with a parent or carer. If you can't walk all the way, try to use public transport. If you must use the car, leave it a good distance from the school and walk the rest of the way. This will allow parents and carers to get their daily dose of exercise as well. They can also teach their children how to cross roads with safety. And by parking motor-vehicles away from schools, dangerous traffic jams, illegal parking and the poisonous particulates emitted by idling vehicles, which can cause serious respiratory disorders, can all be avoided.

WHERE: Australia wide

WHY: Because it's a great event and everyone benefits. And surveys prove that most children would prefer to walk rather than be driven.

MORE DETAILS: walk.com.au

PR CONTACT: Joanna Neesham
MASRIC Communications
joanna@masriccommunications.com.au

Ph: (02) 9818-6568 Mobile (0416) 235-470