



Safe and healthy walkers

A GROUP of Buninyong youngsters donned their walking shoes for National Walk Safely to School Day.

About 10 pupils from Buninyong Primary School met early to take part in the program.

"Walk Safely to School Day is a fantastic opportunity for children to learn about road safety, experience the feeling of well-being that comes with exercise and begin a habit that will benefit their long-term health," AMA Victoria president Dr Sam Lees said.

The group from Buninyong Primary School walk to school every day with a parent.

Annie Poulton, 9, said it was important to walk to school.

"It's not far, it's fun to keep fit and I enjoy walking to school with my friends," she said.

AMA Victoria vice president Dr Mark Yates said walking had long-term benefits.

"If we can establish daily walks into the routine of young children, we will help prevent major illness such as diabetes and heart disease in their later lives," he said.

WALK: AMA Victorian vice president Mark Yates walks to school with Buninyong Primary School pupils, from left, Annie Poulton, Jemma Mathers, Jai Jamison, Flynn Jamison and Jonathon Yates.

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