



DIARY ALERT: 2 April 2013

## NATIONAL WALK SAFELY TO SCHOOL DAY

### Active Kids are Healthy Kids

It's nearly that time of year again when primary school aged children from right around Australia will make those important steps towards a healthier childhood by participating in National Walk Safely to School Day.

Now in its fourteenth year, the Walk Safely to School Day initiative will be celebrated on **Friday 24 May 2013**.

The objective is to encourage each Australian child to achieve at least 60 minutes of exercise a day to help prevent obesity and other health problems.

This year we are excited to introduce the Walk Safely to School Day App for Apple and Android phones. The App will allow children and parents/carers to track their kilometres travelled to and from school, time spent walking and their average walking speed.

WHAT:	<b>National Walk Safely to School Day</b>
WHEN:	Friday 24 May 2013
WHERE:	In all Primary Schools around Australia
WHY:	To encourage children to lead a healthier, more active lifestyle by simply including a walk at the beginning and end of each day. The event also promotes reduced car-dependency, greater use of public transport, cleaner air, improved diets and road safety to primary school children throughout Australia.
CONTACT:	FOR EVENT INFORMATION: <a href="http://www.walk.com.au">www.walk.com.au</a>