



MEDIA RELEASE

CALLING ON AUSSIE KIDS – IT'S TIME TO GET WALKING! ONE WEEK TO GO

INTERVIEWS WITH HAROLD SCRUBY ARE AVAILABLE NOW

13 May 2022: Children from across Australia will put their feet first and journey towards a healthier future by participating in National Walk Safely to School Day on next week, Friday 20 May 2022.

National Walk Safely to School Day is a community initiative that aims to raise awareness of the health, road safety, transport and environmental benefits that regular walking (especially to and from school) can provide for the long term well-being of our children. Apart from the physical benefits, regular walking also has a favourable impact on children's cognitive and academic performance.

Now in its 23rd year, the annual event has joined forces with National Road Safety Week (15 - 22 May) to further draw the spotlight on road safety and support the importance of regular walking, not just on 20 May, but every day.

Harold Scruby, Chairman and CEO of the Pedestrian Council of Australia said that "until they are 10, children must always hold the hand of an adult when crossing the road".



Walk Safely to School Day also encourages positive environmental action, better use of public transport with reduced car-dependency and encourages parents and carers to walk more, reducing dangerous traffic congestion around schools.

The national initiative also promotes healthy eating and encourages schools and P&Cs to *Host a Healthy Breakfast* on the day. School packs have been sent to schools across the country and this year include temporary tattoos (animated GIF [here](#) of tattoos)

"The extremely disturbing childhood obesity epidemic continues to affect 1 in 4* children at critical levels across Australia."

"The best exercise for all Australians is walking regularly. Children need at least 60 minutes of physical activity a day. We should encourage them to take a walk before school, during and at end of their day," Harold Scruby said.

Schools are encouraged to get involved and support their school community in this initiative.

National Walk Safely to School Day is on Friday 20 May and it's FREE to get involved! Visit www.walk.com.au for all the details.

*ABS: *National Health Survey: First Results, 2017-18*

ENDS

Key Spokesperson: Harold Scruby, CEO of the Pedestrian Council of Australia 0418 110 011

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FAST FACTS:

WHAT: National Walk Safely to School Day

WHEN: Friday 20 May 2022

WHERE: In all primary schools across Australia

WHY: This national initiative aims to encourage children to lead a healthier, more active lifestyle by simply including a walk at the beginning, at lunchtime and at the 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.

HOW: Encourage children to build regular walking in their daily routine by walking to, during, and from school

IMAGES: Please click [here](#) for images.

MORE INFO: www.walk.com.au/wstsd

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