

# GET READY FOR INTERNATIONAL WALK TO SCHOOL MONTH!

Dear Parent/Guardian:

Your child's school is participating in **International Walk to School Month (IWALK) 2017!** IWALK is an international event that encourages schools to try using active transportation to get to and from school **for a day, week, or the whole month of October**. Thousands of Manitoba school children will join millions of others from over 43 countries to celebrate walking and biking to school. Schools can promote active transportation to students over a day, a week, or the entire month. **This year, iWalk day is Wednesday, October 4<sup>th</sup>, 2017.**

Participating in this IWALK event is easy and it is a great way for students to build physical activity into their day. Participation also reduces the traffic congestion and keeps our air clean around the school during drop off and pick up times.

If you would like more information on International Walk to School Month, contact your school directly or call Active and Safe Routes to School in Manitoba at (204) 925-3777, ext. 104.

When you are getting your child ready for school during October, remember its International Walk to School Month.

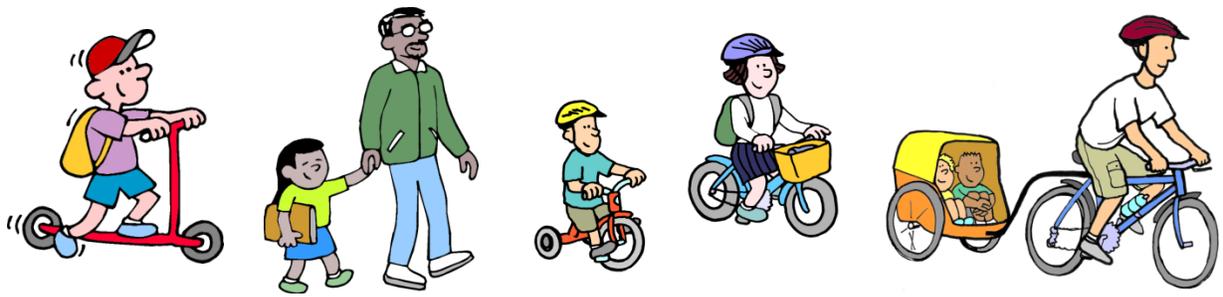
Happy walking!

Sincerely,

Lea Côté  
Active Events Coordinator, Active and Safe Routes to School  
Green Action Centre



For more information contact Green Action Centre at 925-3774 or [active.events@greenactioncentre.ca](mailto:active.events@greenactioncentre.ca).  
[www.greenactioncentre.ca](http://www.greenactioncentre.ca)



International Walk to School Month Day is coming up on Wednesday, October 4th. This event highlights the importance of active transportation to and from school – in celebration of clean air, healthy living and safe and active communities.

### **The six best reasons to think about walking your child to school** (as adapted from Safe Routes to School in the UK)

#### **Fit and Fabulous**

63% of adults don't think they are getting enough exercise - does that sound like you? A brisk one or two kilometre walk to school and back burns 150 calories and can be easier to fit in than a trip to the gym.

#### **Shiny, Happy People**

Walking releases the body's natural happy drugs – endorphins – so you'll feel more upbeat. The same can't be said for sitting in a traffic jam...

#### **And You Are...?**

Nearly 9 out of 10 adults who walk their children to school think it's a better way of meeting new people than going to pubs, clubs or supermarkets. So what are you waiting for? Get out there!

#### **Saving Grace**

The school run costs families on average \$1300 a year in gas and car maintenance. Just think what else you could be doing with that extra cash.

#### **The Kids Are All Right**

Nearly half (48%) of children would like to walk or ride their bikes to school even more if they could, so earn yourself some brownie points by walking them to school.

#### **Chit Chat**

Almost forty per cent of adults feel they're missing out on catching up with children by not walking them to school - don't let yourself become one of the parents who's missing out.