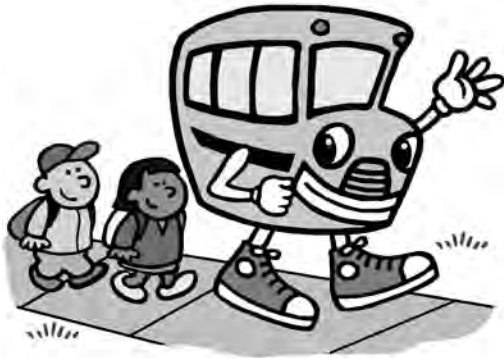


WALKING WEDNESDAYS CLUB!



Did you know that...

- **31%** of Canadian children do not get the physical activity they need to develop cardiovascular fitness, muscle strength and flexibility and over **25%** of Canadian children are considered overweight?
- According to a recent **Environics** survey, **68%** of Canadian children have a walk to school of 30 minutes or less and that **only 36%** walk as a rule?
- Approximately **25%** of morning rush hour trips are parents ferrying children to school? The sheer volume of traffic in school zones creates an unhealthy and unsafe atmosphere for children.

Source: www.tc.gc.ca/TCEXpress/20020910/en/fa09_e.htm

Make each Wednesday a walking one by becoming a member of the Walking Wednesdays Club!

What are the benefits of your school participating in the Walking Wednesdays Club?

- Promote healthier lifestyle choices for students and their families
- Reduce car trips to school
- Encourage walking and other active travel
- Reduce pollution and climate change emissions

How does it work?

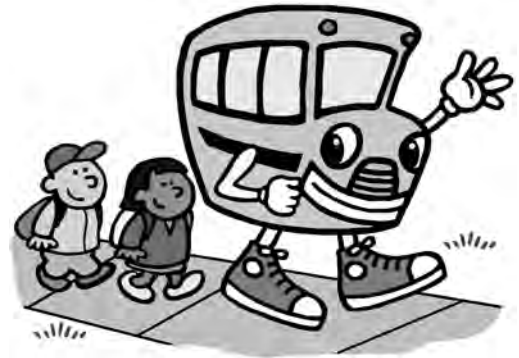
Keep track of the number of students who walk to school on Wednesdays by using the Walking Wednesdays Club Calendar. Record class walkers by using the water-soluble marker. You can calculate the class totals at the end of each month by adding the total of participating students who walked (or biked, bladed, hopped or skipped) during the month to school. If your class wants to track the number of kilometres travelled by the students who walk to school you can do this by approximating that 1km is equivalent to a 20-minute walk.

As an alternative, it may be easier to incorporate the walking club into one of your classes. You can organize a 20-minute walk during class time. The importance of this club is that children have the opportunity to walk and this doesn't necessarily have to be before school hours. Another important

point about the club is that it is flexible and adaptable to your classroom needs. Please feel free to adapt the program to your educational framework and...

WALKING WEDNESDAYS CLUB!

Make sure to have fun!



The Walking Wednesdays Club is a great way to introduce the concept of walking to school. Students can prepare posters that they can take home with them or display around the school to build excitement around the event. Classes can even have a friendly competition to encourage walking.

Examples of how to use the program in your school:

1. PA announcements remind students each Tuesday morning that Walking Wednesday is the following day. They are encouraged to walk for healthy bodies, cleaner air and safer streets.
2. The few students that are unable to walk to school are encouraged to walk or jog a half kilometre circuit of the school playground.
3. The number of walkers could be tracked by the class and displayed on the school's Walking Wall in the lobby for all to see.

Personal Benefits of Walking:

- Walking refreshes the mind, reduces fatigue and increases energy.
- More than half the body's muscles are designed for walking; it is a natural movement that is virtually injury-free.
- Walking provides an enjoyable time for sharing and socializing with friends and family.
- Regular brisk walking can reduce elevated blood fats or blood pressure and improve digestion and elimination.
- Walking strengthens bones and relieves stress and tension.
- Brisk walking is an aerobic activity that trains your heart, lungs and muscles to work efficiently.

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