



The Clean Air Day Commuter Challenge is coming up on Wednesday, June 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.