







Active Children Healthy Children

Physical activity is important to keep children healthy and learning well. Active children tend to eat and sleep better and do better in school. They have fewer behavior problems and are less likely to use tobacco, alcohol, or other drugs.

Helping children be active is more than just encouraging them to walk to school or being involved in recreational events. The entire community needs to help make changes so it is easier for children to be physically active.

To help raise awareness for the importance of a safe active community, the month of October has been named - **International Walk to School Month**. The goals for **iwalk** are to:

-  Encourage physical activity. Teach children the skills to walk safely, identify safe routes to school, and the benefits of walking.
-  Raise awareness of the “walkability” of your community. What is good and where can improvements be made.
-  Raise concerns for the environment.
-  Reduce traffic congestion, pollution, and speed particularly near schools.



What can you do to promote a safe and healthy active lifestyle in your community? **iwalk** may be your start to a lifetime of physical activity. Check these websites for ideas and join the celebration for active transportation!

www.saferoutestoschool.ca/iwalk.asp

www.iwalktoschool.org

www.in-motion.ca



Enjoy being active.

It helps us feel good about ourselves and keeps our body healthy.