

LET THEM Walk

Did you know?

Kids need to move at least 60 minutes a day – and more is better. Sadly, less than 15% of Saskatchewan kids meet that national guideline. Walking and biking can help.

October is Walk to School Month. Why not give walking a try!

BUILD IT IN

Building physical activity into your kids' day is as easy as letting them walk or bike to get around.

- Walk to school.
- Bike to a friend's house.
- Scoot to the library.

WALK TO SCHOOL

School is a great place to start. Kids who walk or bike to school arrive alert and ready to learn. They also gain a sense of independence and develop social skills. And more kids walking means fewer cars and safer streets.

- **Rate your route** — Download our Neighbourhood Walkability Checklist and take it for a stroll. Find a route you're comfortable with. If your route scores poorly, think about taking action to make it better.
- **Find walking buddies** — Download our Walking Buddy Flyer to find families who'd like to join you on the walk to school.
- **Join them** — Parents who walk to school with their kids say they're happier and more relaxed than parents who drive to school.

WHO CAN HELP?

Want to make walking safer and easier? There are plenty of folks who can help. Talk to your:

- municipality
- school community council
- school division

LEARN MORE

Visit saskatchewaninmotion.ca/community-action to learn more:

- Balance your concerns with the facts. Read *The Truth About Walking and Biking to School*.
- Learn what school travel planning can do for your community.
- Hear moms talk about how they make walking to school work on our Mom2Mom podcast.

Active Transportation = Using your own two feet to get from place to place.

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