

Let them walk toolkit – newsletter articles

Use these articles in school and community newsletters during Walk to School Month and beyond.

It's Walk to School Month – Give walking a try

Walking or biking to school is one of the easiest ways to build physical activity into your kids' day. Give it a try during Walk to School Month (October). The benefits are endless:

- Kids arrive alert and ready to learn.
- They gain a sense of independence and develop social skills.
- Kids who walk or bike to school move more than those who don't.
- More kids walking means fewer cars and safer streets.

Find walk to school tools, ideas and inspiration at saskatchewaninmotion.ca.

Easy ways to prep for Walk to School Month

Walking or biking to school is one of the easiest ways to build physical activity into your kids' day. Want to give walking a try and looking for a way to get started? Saskatchewan *in motion* has a few suggestions:

- **Join them** – Parents who walk to school with their kids say they're happier and more relaxed than parents who drive to school.
- **Drop them off part-way** – Drive part of the way to school and let your kids walk the rest.
- **Find walking buddies** – Download Saskatchewan *in motion's* *Walking Buddy Flyer* to find families who'd like to join you on the walk to school.
- **Ease into it** – Start walking just one day a week. Add another once you're more comfortable with the idea.

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Play Walking Bingo for a chance to win

October is Walk to School Month. Celebrate by taking Saskatchewan *in motion's* Walking Bingo Card for a stroll. Return your completed and signed bingo card by [date] for a chance to win [prize]. Download your Walking Bingo Card at <http://www.saskatchewaninmotion.ca/post/walking-bingo-card>.

Give walking a try during Walk to School Month! Your kids will win with more activity and you just might too!