

Let them walk toolkit – Social media posts

Use these posts in your social media feeds during Walk to School Month (October) and beyond.

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. #LetThemWalk #WalkToSchoolMonth

Kids who walk to school arrive alert and ready to learn. See what else they gain when you give walking a try. <https://bit.ly/2kSGwln> #LetThemWalk #WalkToSchoolMonth

It's #WalkToSchoolMonth. Nervous about getting started? Get the facts about some of the most common concerns. #LetThemWalk <https://bit.ly/2mqGCRl>

Parents who walk to school with their kids say they're happier and more relaxed than parents who drive to school. Why not walk with them this October? #WalkToSchoolMonth #LetThemWalk

Download @inmotionSK's *Walking Buddy Flyer* to find families who'd like to join you on the #WalkToSchool. #LetThemWalk <https://bit.ly/2lr5DMs>

Think you live too far from school to #LetThemWalk? Drive part of the way and let your kids walk the rest. Get more walk to school tips & tools from @inmotionSK. <https://bit.ly/2mobvGp>

Make the walk fun! Download @inmotionSK's #WalkingBingo card and go for a stroll. <https://bit.ly/2mwVxcU>

Need some #WalkToSchool inspiration? Give a listen to Eps 1 of @inmotionSK's #Mom2MomPodcast. <https://bit.ly/2BKsx6m>

Hear why a little rain or snow shouldn't stop kids from walking or biking to school. <https://bit.ly/2mxQR6D>

@inmotionSK asked moms what schools & communities could do to make walking & biking a safer, easier choice. See what they said. <https://bit.ly/2mXGc5E>