

Fall: September 2011 to January 2012

Interested in becoming an *Active and Safe Routes to School* community, please visit www.wewalktoschool.ca or contact your Public Health Nurse at 519-258-2146 ext. 1555.



Monday

Do you know that October is *International Walk to School Month*? Instead of getting a ride to school, this is a great time to start walking. You can walk five, four, three, or two days a week. Even one day a week is a good start. If you already walk to school, congratulations! You know that walking is fun, good for you, and good for the earth!

Tuesday

Do you walk to school? Would you like to start? You can track the number of times you walk to and from school by going to www.wewalktoschool.ca. Follow the **for kids** and **walking log** links.

Listen tomorrow for more information and remember, walking is fun, good for you, and good for the earth!

Wednesday

Want more information about incorporating walking programs into your school setting, like *International Walk to School Day*, *Walking School Bus* and *Walking Wednesday* go to

<http://www.saferoutestoschool.ca/> for more information. Walking is fun, good for you, and good for the earth.

Thursday

How is walking to school going for you? Do you feel like there's never enough time in the morning to walk? Don't worry, to help make the morning easier, do some of these things before you go to bed:

- Make your lunch
- Take your shower
- Check the weather report
- Lay out your clothes
- Pack your backpack

Getting these things done at night will free up time in the morning so you can walk to school. Remember, walking is fun, good for you, and good for the earth!

Friday

It's raining, it's pouring ... but you can still do some walking. Walking is fun, good for you, and good for the earth even in rainy weather. You just need to:

- Carry an umbrella
- Wear a raincoat and waterproof shoes or boots
- Put an extra pair of socks in your backpack, so wet socks can be changed