

WALK TO SCHOOL MONTH 2023

#MOVE WITH US

OCTOBER 1ST - OCTOBER 31ST

5 REASONS TO WALK TO SCHOOL THIS MONTH

1

Walking is good for your body - daily exercise helps you feel good and healthy

2

Walking makes our minds stronger -
Walking helps improve our mental health

3

walking can make you feel happy and is a great way to start your day

4

Walking is good for the environment - walking is the healthiest way to travel

5

Walking is good as a group - walking is a great way to talk with friends

