

# WALK TO SCHOOL MONTH 2024

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

