

Benefits of Active Travel

The Case for Walking to School

Need some information to promote Walking as the way to get to school?

Here are some short, sharp statements you can use:

- More walking means less vehicles and less congested streets around schools – and less stress for those who walk.
- Walking teaches children good road safety habits – ones they won't learn when they're in the car all the time.
- Walking to school is great exercise and will help teach children healthy exercise habits for life. Parents' health will also benefit!
- Walking to and from school meets the recommended requirement of thirty minutes exercise per day.
- Physical activity enhances academic performance, and children get to school brighter and more stimulated.
- Walking can create safer communities by putting more eyes back on the street.
- Walk to school and be part of an Active Berrien County. Being active in your daily routine is key to feeling good, reducing stress & maintaining a healthy body weight.

2 The Continuing Case For Walking to School

Need some more information to promote Walking as the way to get to school? Here are some **further short, sharp statements** you can use in school newsletters:

- Telling children traffic rules does not lead to safer behaviors. Walking with them and negotiating traffic with them will improve their traffic skills.
- Walking home from school is a good opportunity to spend time with children, and a great way for them to unwind after school.
- Children are more likely to be active if their parents are. 'Safe Routes to School' surveys show that 73% of children prefer to take active forms of transport to school.
- Parents want to help. 'Safe Routes to School' surveys also show that 74% of parents driving kids to school would support measures to promote walking and cycling to school.
- Anything is better than nothing – walking just a couple of times a week will make a difference.

3. More Good Reasons to Walk or Cycle to School

Here are some points on the **wider personal and social benefits** to be had on an active school journey that you might want to consider highlighting:

- Allows us to experience the places we pass through, rather than the journey just being a means to an end.
- Provides the opportunity for us to become aware of other people in the community.
- Provides the chance to interact with the physical environment.

- Encourages spontaneity, fantasy and play.
- Affirms people's identity in the world.
- Allows children to explore their neighborhood and develop a feeling of belonging.

– **David Engwicht**, *Towards an Eco-City*