

February 2010



Second annual Winter Walk Day

It's winter! Don't hibernate – walk to school and celebrate!

Wednesday, February 10th, 2010 is Ontario's second annual Winter Walk Day for schools. Celebrate Winter Walk Day by walking to school (or at school if you are bussed) for exercise, a healthier environment, safer streets, making friends and having fun. Why not make it a habit and walk every day?

Ideas to make walking exciting...even in winter:

- Organize a family pedometer challenge
- Have a friendly walking challenge between classes, or even against another school
- Wear funky hats or have a decorated snow boot parade
- Have a teachers vs. students challenge
- Reward classes with the 'golden snow boot' award – an old boot spray painted gold



For more information and to register go to www.saferoutestoschool.ca

**For health-related information call York Region
Health Connection at 1-800-361-5653 or visit www.york.ca**