

April 2010

Spring into Spring!

Calling all parents! ***Spring into Spring*** by walking your children to school (all or part of the way) every day for a week between Earth Day (April 22) and Clean Air Day (June 2). You'll be helping to reduce traffic in our school zone and improve our local air quality. It's also a chance to keep fit while teaching your children how to be safe pedestrians.

If you can't walk your children to school, then take a walk with them after school or on the weekend – walk as often as possible between Earth Day and Clean Air Day. Every step counts.



Here are some ideas to get your family moving:

- Take an after-dinner walk around your neighbourhood – be sure to carry a flashlight and wear reflective clothing for visibility
- Visit nature trails in your area
- Use pedometers and challenge your family to walk 12,000 - 16,500 steps per day – as recommended by health professionals to maintain kids' optimum health and fitness

To learn more visit www.saferoutestoschool.ca

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