

September 2009



IWALK for adventure, fun & fitness!

On October 7th, 2009, join schools around the world as they celebrate walking on International Walk to School day (IWALK). Communities are encouraged to pick a day, week, or the entire month to celebrate. Actively promoting *Walk to School* for the whole month of October could also transition smoothly into the launch of a year-round program.

This October 7th, pledge to:



- ☛ Contribute nothing to pollution and traffic congestion at school
- ☛ Remember your ABC's and get to school "*Any way But in a Car*" (ABC). E.g., take the bus or use active transportation like walking or biking to get to and from school every Wednesday, all year long!
- ☛ Have fun, make new friends on the way to school, and be healthy!

Walking to school promotes health, physical activity, concern for the environment, and safe and walkable communities. Register now for October 2009 at www.saferoutestoschool.ca.

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