



# PHYSICAL HEALTH ANNOUNCEMENTS

## Walking & Wheeling For Better Health

Many people today spend too much time sitting. An easy way to get some exercise is to walk or bike. Walk & wheel to school, to a friend's house or to the store. It will help you get in shape and it's good for the environment too. Get walking and wheeling!

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Ask your parent or guardian to leave the car at home and walk or wheel whenever you can. More than half the body's muscles are designed for walking. If walking and wheeling in your neighbourhood is new for you, ask an adult to show you the safest route and review rules of the road so they can feel good about you walking and wheeling. Get out and walk and wheel!

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Did you know that walking is not only good for your muscles but it builds strong bones too?

People who walk regularly at a young age have fewer broken bones throughout their lives.

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Did you know that regular brisk walking helps your body to reduce harmful fats, improve digestion, helps to relieve stress and builds strong muscles and bones? Walk and your body will thank you.

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More than half of children today do not get enough exercise. An easy way to be more active is to walk. Don't ask for a ride to school or the store. Walk. Take your family with you for the walk. They benefit from the exercise too! Get walking and wheeling!

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Canada got a D grade for the "Active Healthy Kids Report Card" this year (in 2014) for active transportation, which includes walking and cycling. Walking and wheeling are great ways to exercise. Regular walkers will have higher energy levels and will sleep and handle stress better. The next time you are looking for something to do, get walking and wheeling!

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One of the biggest causes of illness in the world today is a lack of exercise. Keep it simple. Walk or wheel around your neighbourhood for a great start. Walk or wheel to school, to the store, to your friend's house. Get active and get walking and wheeling!

A daily walk will help keep you healthy, increase your energy and improve your concentration. Humans need exercise every day to be healthy. Going for a brisk walk is a great start. Get walking and wheeling!

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Do you need more energy? Do you have trouble concentrating? Go for a walk! Walking and wheeling will increase your endurance, make you more alert and give you more energy. Get walking and wheeling!

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Regular walking and wheeling has many benefits. It will:

- improve health and fitness
- reduce air pollution and traffic congestion
- allow us to meet our neighbours and get to know them
- promote a sense of safety when more people are out and about

So get out and get walking and wheeling!

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Many people know that they need to be more active. Walking is a great start! It is an easy way to be active. Go for a walk with a friend, or walk to and from school! It's fun, convenient and great for your health, will give you more energy, stronger bones and muscles, a stronger heart and help keep you healthy for many years to come. Get walking and wheeling!

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Does your back hurt from coming to school with an over-stuffed backpack? Please go through your backpacks and get rid of unnecessary things. Remember to use both shoulder straps so that you distribute the weight evenly across your back. This will make it easier to get walking and wheeling to school!

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What is the most available and easiest form of exercise? WALKING. Walking is free for everyone. Walking should be a normal part of our lives. Get walking and wheeling to school!