



TWEETS

Note: Confirm messages and videos align with your organization's social media policies and values prior to posting any of the following tweets.

Today's kids are the first generation with a shorter life expectancy than their parents.
<https://www.youtube.com/watch?v=BmOlzRQTabA&feature=youtu.be> #iWALKtoschool #LdnOnt

Walking to school can help your child get their 60 mins of recommended physical activity per day. <https://www.youtube.com/watch?v=YFYXhDYPpSQ> #iWALKtoschool

Healthy Schools, Healthy Communities: How Can You Make a Difference?
<https://www.youtube.com/watch?v=GzDUDfDoPJs> #iWALKtoschool #LdnOnt @inmotion4Life

Follow Dr. Mike's advice and make your day harder by walking to & from school!
<https://www.youtube.com/watch?v=whPuRLil4c0> #iWALKtoschool #LdnOnt @inmotion4Life

Healthy Kids Report Card: Canada receives a D for Active Transportation.
<http://www.activehealthykids.ca/ReportCard/2014ReportCard.aspx> #iWALKtoschool #LdnOnt

Walkable neighbourhoods create a stronger sense of community than car-oriented neighbourhoods <http://itsyourmove.tcat.ca/video/susanengvideo/> #iWALKtoschool #LdnOnt

As part of The Big Move, @Metrolinx mandates 60% of children will walk/bike to school by 2031. <http://itsyourmove.tcat.ca/video/donnaquanvideo/> #iWALKtoschool #LdnOnt

Ditch the car! Walk/bike and prevent 850 grams of CO2 from being released into the atmosphere <http://itsyourmove.tcat.ca/video/nicolearsenaultvideo/> #iWALKtoschool #LdnOnt

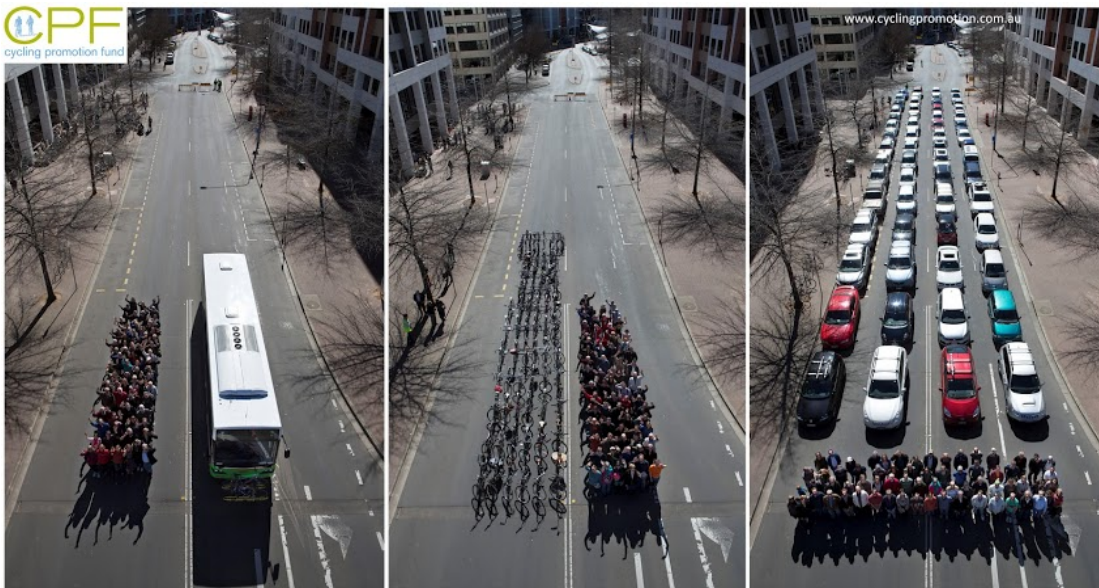
Are we DRIVING our kids to UNHEALTHY HABITS?

<https://www.youtube.com/watch?v=vdn1IbYWXQg> #iWALKtoschool #LdnOnt @inmotion4Life @ActiveHealthyKi

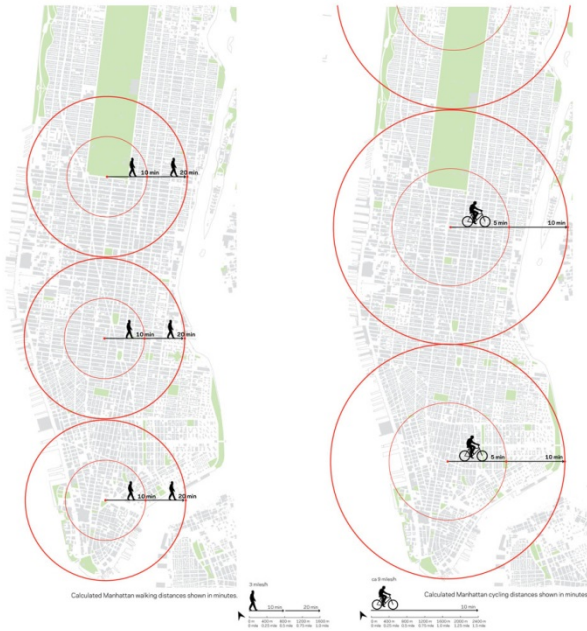
13% of parents were driven to school when they were children. Today 41% of their children are.
https://www.youtube.com/watch?v=OqiZv_zzJ7k #iWALKtoschool #LdnOnt

58% of parents walked to school when they were kids. Only 28% of kids walk to school today.
<https://www.youtube.com/watch?v=mK2syvFYcsA> #iWALKtoschool #LdnOnt

60 cars take up the same amount of space as 16 busses or 600+ bikes! #SpaceEfficient
<http://blog.cellbikes.com.au/2012/09/australia-re-creates-world-famous-transport-photo/>
#iWALKtoschool #LdnOnt



Revitalizing life between buildings - a city for people not cars. If NY can do it, so can we!
<http://buildipedia.com/aec-pros/urban-planning/new-york-city-revitalizes-the-life-between-buildings> #iWALKtoschool #LdnOnt



See how a North American city further north than #LdnOnt is creating a walking&biking school culture. <http://www.streetfilms.org/in-portland-every-day-is-walk-bike-to-school-day/> #iWALKtoschool

See how Portland Oregon has raised the number of students walking to school by 25% since 2006! <http://www.streetfilms.org/in-portland-every-day-is-walk-bike-to-school-day/> #iWALKtoschool #LdnOnt

The suburb where everyone can walk to School: Lakewood, OH. <http://vimeo.com/92912802> #iWALKtoschool #LdnOnt @inmotion4Life

See how possible is it to create an active and safe biking and walking culture at your school. <http://www.streetfilms.org/portland-or-safe-routes-to-school/> #iWALKtoschool #LdnOnt

Have children lost the freedom to roam? Watch how we can help children regain that freedom: <http://www.streetfilms.org/streetfacts-4-children-have-lost-the-freedom-to-roam/> #iWALKtoschool #LdnOnt

Learn how to reduce traffic and improve street safety for ALL road users <http://www.streetfilms.org/trailer-moving-beyond-the-automobile/#more-49079> #iWALKtoschool #LdnOnt @inmotion4Life

Learn how students feel about their walk to school & why they're encouraging others to try it!https://www.youtube.com/watch?v=r59_rzKuAMA #iWALKtoschool #LdnOnt

In this TED talk, @jen_keesmaat reminds us of a simple yet meaningful pastime – the walk to school. <https://www.youtube.com/watch?v=vp549gsdjnk> #iWALKtoschool

The Body was built to walk. Watch & learn about the evolution and physiology of walking. <https://www.youtube.com/watch?v=FzVpvo5ive4> #iWALKtoschool #LdnOnt

Your feet have 26 bones, 33 articulations, 111 ligaments & 20+ muscles. Let's use them & get walking! <https://www.youtube.com/watch?v=FzVpvo5ive4> #iWALKtoschool

Afraid to let your child walk? Let's Go Walking shares 6 steps to crossing streets safely: https://www.youtube.com/watch?v=_jCpBH5zehI #iWALKtoschool #LdnOnt

Review these pedestrian safety tips for kids to help them get to school both safely&actively! <https://www.youtube.com/watch?v=1OMCI1PPiWc> #iWALKtoschool #LdnOnt

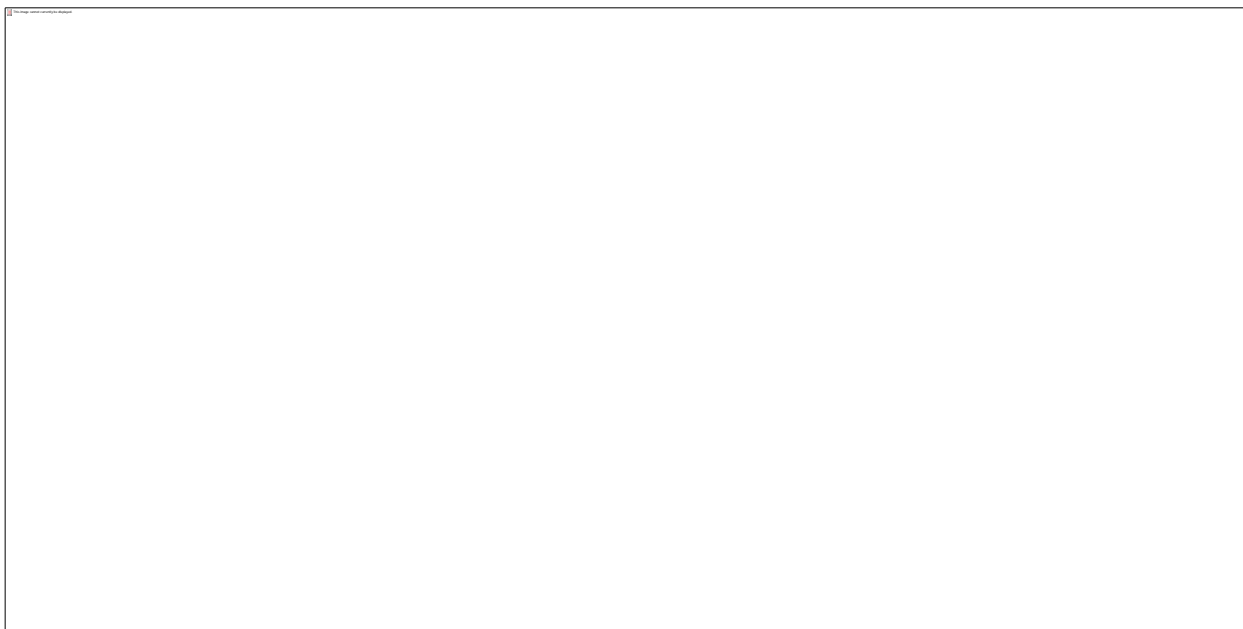
Middle or high school aged kids? Show them this video to learn pedestrian safety from their peers. https://www.youtube.com/watch?v=Cj-a_8qrcMw #iWALKtoschool

Pedestrian safety starts with parents & guardians. Get walking to school with your kids! <https://www.youtube.com/watch?v=WfWJfki-AOY> #iWALKtoschool #LdnOnt

Nominate someone who walks to school as an In Motion Everyday Champion. <http://inmotion4life.ca/index.php/everydaychampion> #iWALKtoschool #LdnOnt
@inmotion4Life

Use this In Motion app to track physical activity & your child's travel to & from school as a family <http://www.inmotion4life.ca/app/> #iWALKtoschool

Be Idle-free...for the Kids & the planet! #iWALKtoschool #LdnOnt @DADAcanda



Today is international iWALK to school day! Celebrate with us by walking or wheeling with your family to school! #iWALKtoschool #LdnOnt

Help increase active transportation in your school community by starting or join a School Travel Planning committee! <http://www.activesaferoutes.ca>

Walking & Wheeling Wednesday – create or join an existing program at your school. https://www.youtube.com/watch?v=iw7_7rE6Xwc #iWALKtoschool #LdnOnt

iWALK day is coming up on October 8th! Celebrate with us by walking/biking to school. <https://www.youtube.com/watch?v=H1qoJira79g> #iWALKtoschool #LdnOnt
