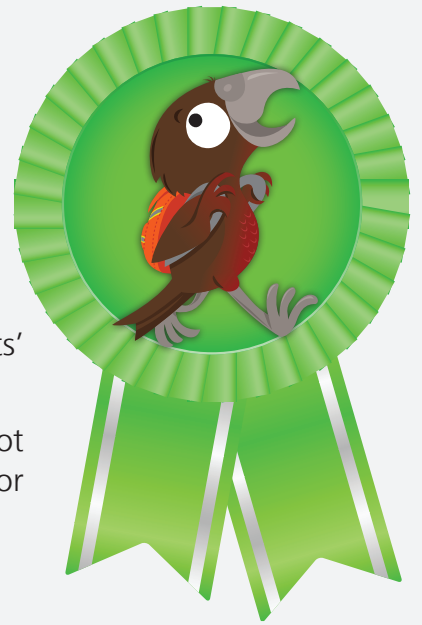


# Why promote active travel at your school?



The benefits of active travel seem obvious to most of us - it's better for students' fitness, right?

Many people don't realise that children driven to school are missing out on a lot more than a bit of extra fitness each day. There are a wide range of benefits for students who travel actively.

Here are just a few to consider:

## Road Safety

"Children who have not practised walking to school at primary level have less chance to develop road safety awareness and are therefore more vulnerable when they walk to school independently at secondary level...Figures from the UK show that 11 year olds [the age they start at secondary school] are twice as likely as a 10 year old to be killed or seriously injured in road collisions." [1]

## Mental Wellbeing

NZ research has shown that parents who walked with their children to school or allowed them to walk independently saw an improvement in their children's communication, increased community awareness and social interaction, greater independence, greater preparedness for school and ability to wind down at the end of the day. [2]

## Physical Health

"Children who walk or cycle to school have higher daily levels of physical activity and better cardiovascular fitness than do children who do not actively commute to school." [3]



### References:

1. Living Streets, Walk to School. (2008). Backseat Children, UK, pg 1
2. Lang, Debbie. (2007). To Drive or to Walk? An examination of school travel behaviour at a North Shore City primary school, University of Auckland.
3. Vic Heath, March (2009). How times have changed: Active transport literature review, Australia, pg 31