

MEDIA RELEASE

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Walk to School Month Kicks Off

Walk to School month is a fun, easy way to build healthy habits for life by encouraging primary school students to walk, ride or scoot to school in the month of October. Funded by VicHealth, registered schools will record how many times a student participates in an organised walk, ride or scoot activity during October, using a supplied classroom calendar.

Towong Shire is getting involved with registered primary schools and Council working together to encourage students to have a daily walk around the oval during lunchtime as a way to build healthy exercise habits. Council applied for and received grant funding from VicHealth to assist schools in encouraging students and families to participate.

As an added incentive, schools with the highest participation levels are eligible for fantastic prizes from VicHealth. Healthy breakfasts and community walks are also being organised by registered primary schools to celebrate the launch of Walk to School month.

"Studies show that it takes 30 days to build a habit, which is why Walk to School lasts for an entire month, rather than a single day. It's about building healthy habits for life" explains Council Mayor, Cr David Wortmann.

For more information on Walk to School month, registered schools or how to get involved visit www.walktoschool.vic.gov.au or contact Towong Shire Council's Community Services team on 02 6071 5100.

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