

## HEALTH AND WELLBEING BENEFITS

Getting into the habit of being active now can set you up for a healthier future.

Regular movement helps your body grow stronger and stay in shape.

Walking, riding, or scooting to school builds your muscles and bones, and improves your balance, strength, and flexibility.

Activities like these also boost your heart and lung health, helping you feel fitter, more energetic, and ready to take on the day.



## IT BUILDS SELF CONFIDENCE AND MAKES PLACES SAFER

Walking or riding to school helps you become more confident with road safety and understand how traffic works.

Fewer cars near the school means safer streets and less chaos in the car park.

When more students walk or ride, drivers usually slow down and there are fewer crashes.

Busy school zones with lots of active people around feel safer and more welcoming for everyone.



## IT'S GREAT FOR THE ENVIRONMENT

Using active travel like walking, riding or scooting instead of driving helps reduce air pollution and keeps our air cleaner to breathe.

It also helps cut down greenhouse gases, which is important for slowing down climate change.

Cleaner air, water and soil means healthier environments for people, animals, and plants.

Fewer cars on the road can also mean less space needed for roads and car parks, leaving more room for nature, like trees, gardens, and wildlife habitats.

By choosing active travel, you're making a positive impact on the planet, now and for the future.



## COSTS LESS AND SAVES TIME

Walking or riding doesn't cost a cent - no petrol, no fares. And in peak hour traffic, it can actually be quicker than driving!

Some parents worry they'll be late for work if they walk or ride with you, but most of the time, they get back faster than expected. Plus, leaving a bit later often means less traffic anyway.