

WALK OR RIDE

BOOST physical activity and school performance

DECREASE
air pollution
INCREASE
wellbeing

40

Walking or cycling
to school adds up to
more than 40 minutes
of quality fresh air!

LESS traffic and
MORE family time

Just 30 minutes of
walking or cycling
is 1/2 of your daily
recommended
exercise

30

Cycling - make sure
your bike is in good
working order and
always wear a helmet

Walking - find a safe
route and cross road
safely - take a water
bottle with you



Physical activity
3-5 times a week
improves your mood
and mental health

