



# Walking *Benefits*

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School

## ● **Cardiovascular health**

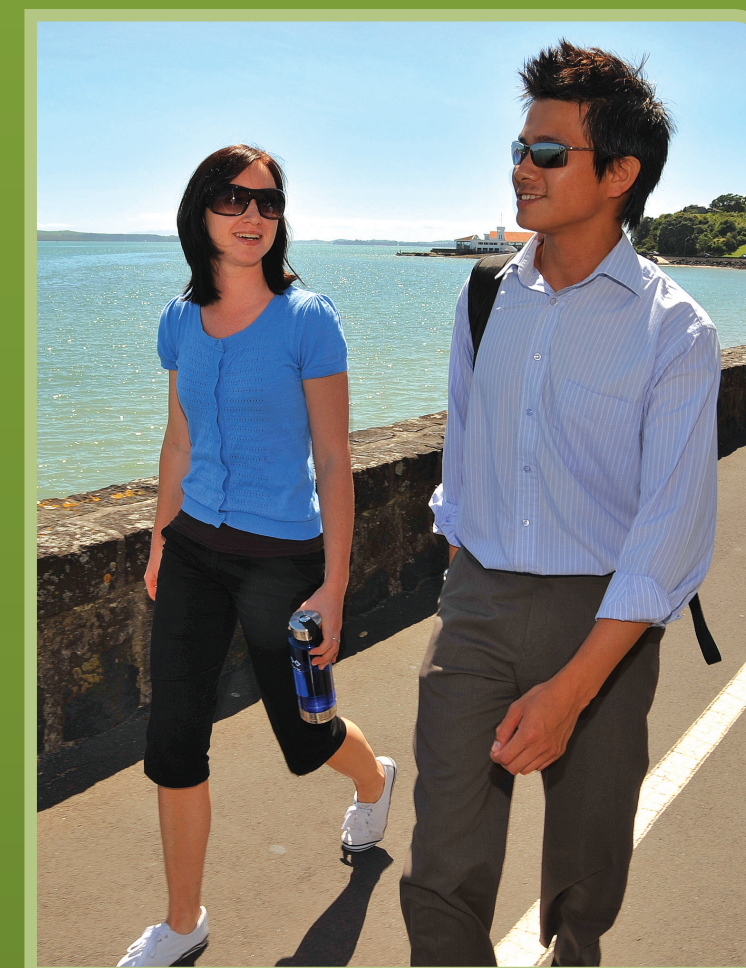
Your heart rate and circulation will be increased through a more efficient intake of oxygen.

## ● **Muscular strength**

Muscles in many groups will be strengthened.

## ● **Healthy bones**

Walk or you're chalk. A little regular activity will help prevent osteoporosis which causes brittle bones, especially in females.



Walking gets the feet moving, the blood moving, the mind moving.

*Carrie Latet*



# Quick ideas to keep active

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- Walk to and from school.
- If you have the time, catch the bus or train and get off a stop early and walk.
- Walk to your local shops rather than driving.



Walking is the best possible exercise. Habituate yourself to walk very fast.

*Thomas Jefferson (President of the USA, 1801-1809)*



# AT Step up!

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We should all be taking  
about **12,000 - 14,000**  
steps every day for good health.



It is impossible to walk rapidly and be unhappy.

*Mother Teresa (Missionary and Nobel Peace Prize Winner)*



Walking to school can help you to be more  
*independent*

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- Get to know your local area.
- Develop time management skills.
- Don't rely on others to get you there on time.
- Use pedestrian crossings or cross at traffic signals.
- Walk with friends and enjoy yourself.

