

SPRING INTO SPRING

Island Health recognizes the importance of daily physical activity. Are your children getting 60 minutes of physical activity a day?

"Together, we can make active travel, like walking, cycling, or taking transit, part of our school routine - for the good of our physical and mental health and our communities."

~ Dr. Murray Fyfe, Medical Health Officer, Island Health

Spring is a great time to think about walking or wheeling to school. What a wonderful way to enjoy the smells and sights of spring!

- ◆ Active travel to and from school helps children and youth meet the goal of at least 60 minutes per day of moderate to vigorous physical activity. It also helps build life-long healthy habits.
- ◆ It's a great time to think about forming new habits. Only 9% of Canadian kids aged 5 to 17 get the 60 minutes of heart-pumping activity they need each day (2016 ParticipACTION Report Card).
- ◆ Talk with parents about getting kids walking and cycling together.
- ◆ For younger children, physical literacy skills such as balancing, hopping and jumping can be developed on the walk to school.

For more ideas and information:

- ◆ Your local [Public Health Unit](#)
- ◆ [Canadian 24-Hour Movement Guidelines for Children and Youth](#) (Canadian Society for Exercise Physiology)