

Benefits of Active Journeys to School

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Better physical + mental health

Danish studies have found children who are active on the way to school have higher levels of physical fitness¹ and concentrate longer in class.²

More socially connected

An Italian study found children who were allowed to explore their neighbourhood independently have a stronger sense of community and less fear of crime which can reduce feelings of loneliness.³

Increased road safety skills

A Living Streets UK report stated practising the walk to school at primary age can increase road safety skills in adolescence at a time when distractions such as cell phones can be dangerous.⁴

For tips and advice on getting your children active on the way to school visit - www.movinmarch.com/parents

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2. Vinther C. Children who walk to school concentrate better. (2012). *Science Nordic*. Accessed on 18 September 2017 - <http://sciencenordic.com/children-who-walk-school-concentrate-better>
3. Prezza, M. and Pacilli, M. G. (2007). Current fear of crime, sense of community, and loneliness in italian adolescents: The role of autonomous mobility and play during childhood. *J. Community Psychol.*, 35: 151-170. doi:10.1002/jcop.20140
4. Living Streets UK. (2008), *Backseat Children - how our car dependent culture compromises safety on our streets.* (2008).



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