

MEDIA RELEASE

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Parents Support Walk Safely to School Day

Now in its 12th year, Walk Safely to School Day will be celebrated by primary children all around our nation. "By highlighting this day to our young people, parents are supporting an important step towards a healthier lifestyle", said Peter Garrigan, President of the Australian Council of State School Organisations (ACSSO).

"This day actively promotes the vitally important message to our communities and to our young people: Active Kids are Healthy Kids."

"By parents, carers and their children building regular walking to and from school into their daily routine, we are ensuring that we are all working towards a healthier, more active lifestyle."

Experts claim that it is recommended that our young people achieve at least 60 minutes a day of exercise to prevent obesity and other associated health problems. An added benefit is that it also encourages parents to drive less and walk more, aiming to decrease dangerous vehicle congestion around schools and reduce carbon emissions from idling cars.

Good nutrition is essential for good health and a good breakfast is vitally important to start the day well. Breakfast gets the metabolism going and helps prevent a slump in concentration during the late morning hours.

"Many schools highlight this day with a healthy breakfast upon arriving at school. This emphasises the importance of a healthy start to the day", Mr Garrigan continued.

"We encourage all communities get behind this initiative and support our young people."

For further information:

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Australian Council of State School Organisations

<http://www.acsso.org.au>