



Walkers are winners!

VicHealth's Walk to School 2016 program was a huge success for its third year in South Gippsland.

Thirteen local primary schools participated in the free, easy and fun program to encourage children to be more active and lead healthy lifestyles.

Events during the month-long program included Feet First Fridays, Fresh Fruit Fun, Park and Walk, Walk to School and Healthy Breakfasts, and Safe Routes to School.

Children stay healthy and active when walking, riding or scooting to school, according to Walk to School Support Officer, Irene Desiatov, and traffic and parking congestion is reduced.

"Children that live too far from school could participate in Park and Walk options such as driving part way and walking the remainder of the journey," she added.

The program could not have been made possible without the commitment and dedication from all parties.

"In Leongatha electronic road signs warned motorists to take care as more children were walking to school, Safe Route to School signs were attached to posts showing the safest route to a number of schools and a number of students helped to develop Safe Routes to School maps," Ms Desiatov explained.

Children who participated in the program were acknowledged with certificates to celebrate their achievements and those who walked the most were eligible to be in the running for incentive prizes thanks to VicHealth funding.

"With such positive results in kick starting healthy habits for life and really igniting community spirit, we just can't wait for the opportunity to take part in Walk to School once more," Ms Desiatov concluded.

Photo caption: St Laurence O'Toole Primary School students with their Safe Route to School signs and map.

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