

GET ACTIVE IN 2021



Kick-off or continue your healthy habits this year by leaving the car at home and getting active. Walking, riding and scooting to school are great ways to help kids get the exercise they need for the day, ensuring they arrive to school alert and ready to learn.

Part-way is OK!
Live too far away?
Why not park your car a few blocks
from the school and walk the
rest of the way?

Walking, riding or scooting to school has so many benefits:

- Build life-long healthy habits
- Spend quality family time together
- Socialise with other school families on the way
- Ease traffic on our roads



For more information and tips on how to stay active in the City of Whittlesea visit the Active Whittlesea Facebook page. [Facebook.com/ActiveWhittlesea](https://www.facebook.com/ActiveWhittlesea)



City of
Whittlesea