

Our Family Walks

Why Walk?

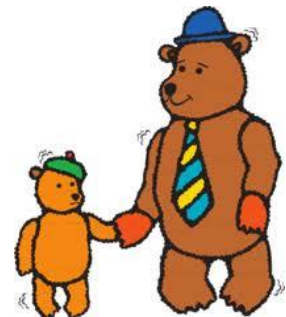
Walking is an easy, free and fun - for kids and parents



Walk around your streets, to and from school or preschool, to the shops, to a park, along the beach or river - anywhere! 😊

Wear comfy clothes and shoes

- 😊 to get fit
- 😊 lose weight,
- 😊 de-stress
- 😊 have more energy
- 😊 lower appetite
- 😊 lower blood pressure
- 😊 sleep better
- 😊 better digestion
- 😊 stronger bones



Find a friend to walk with, or a walking group in your town.



Get the most out of walking -

- 😊 walk fast enough so you can hear your breath
- 😊 swing your arms
- 😊 choose hills or stairs in your walks (if you can)
- 😊 choose different places
- 😊 walk faster as you get fitter.



Talk to your doctor before starting!



Being active is good for my child

Adapted from: Raising Children Network www.raisingchildren.net.au

Even as a baby kicking inside my tummy - my child was naturally active



Babies - rock their bodies, kick their feet, stretch their arms & legs

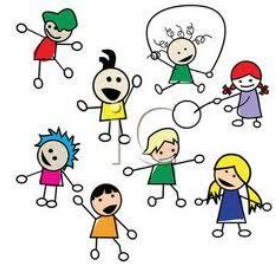
Toddlers - love to walk, dance, climb and jump

Preschool kids - love to run, hop, jump, and ride

School-aged kids - enjoy a bit of rough and tumble, playground games, organised sports

Being active gives my child lots of lasting health benefits, including:

- ☺ strong bones and muscles
- ☺ healthy heart, lungs and arteries
- ☺ better balance, coordination posture and flexibility
- ☺ less chance of becoming overweight or obese
- ☺ less chance of Type 2 Diabetes and cancer
- ☺ be confident and have enhanced self-esteem
- ☺ be happy and relaxed
- ☺ sleep well
- ☺ concentrate at school
- ☺ get along with others and make friends easily
- ☺ share, take turns and cooperate
- ☺ feel like they belong



Active kids
become active
adults

**By making sure my child is active,
I'm helping them to be healthy
for the rest of their life ☺**

