



## Media Release

THE CORPORATION OF THE CITY OF VERNON  
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FOR IMMEDIATE RELEASE  
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### **International Walk and Wheel to School Month (iwalk/iwheel) October 2017**

This October, the City of Vernon will be celebrating International Walk and Wheel to School Month (iwalk/iwheel), an annual global event that promotes the benefits of active travel to school. Students, parents, teachers, and school staff are encouraged to join their peers from across the globe in walking or using other forms of active transportation to get to school for a day, a week, or the entire month. Vernon families are encouraged to participate in iwalk/iwheel on their own or by joining the activities at their school.

Fewer children walk to school today than a generation ago. In fact, the 2016 ParticipACTION Report on Physical Activity for Children and Youth gave Canada a D grade in active transportation with only 24% of Canadian children walking to school. Walking to school is a simple and free way for children (and their families) to get moving.

For more information visit [www.vernon.ca/iwalk](http://www.vernon.ca/iwalk). For more information on how to organize an iwalk event at your school, contact Angela Broadbent at [abroadbent@vernon.ca](mailto:abroadbent@vernon.ca).