



## Media Release

THE CORPORATION OF THE CITY OF VERNON  
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FOR IMMEDIATE RELEASE

DATE: September 30, 2019

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### International Walk & Wheel to School Month starts tomorrow

This October, slow down, unplug, and take back your morning. The City of Vernon is celebrating *International Walk & Wheel to School Month*, an annual global challenge that promotes healthy and sustainable alternatives to driving to school.

Vernon families are encouraged to participate by walking, cycling, or scootering to school at least once a week for the month of October. “Walk and Wheel to School Month is a chance for families to exchange their busy routines for something slower and possibly more rewarding,” said Active Transportation Coordinator Angela Broadbent. “Beyond the health benefits of physical activity, walking to school can be a really special time for children and their parents to explore their neighborhoods and spend time together.”

The City of Vernon is hosting Walk & Wheel to School celebrations at local schools with snacks and prizes for students and families who participate:

- Silver Star Elementary, Tuesday, October 1, 7:30am to bell time
- École Beairsto Elementary, Thursday, October 3, 7:45am to bell time

Fewer children walk to school today than a generation ago. The trend towards children being driven to school is associated with increased traffic danger near schools, greater Greenhouse gas emissions, and sedentary lifestyles. According to the 2018 ParticipACTION Report on Physical Activity for Children and Youth, few Canadian children are meeting daily physical activity guidelines and simply walking or biking to school can account for 25% of recommended daily activity. According to ParticipACTION, all children should be physically active on a regular basis and in addition to physical health benefits, activity also improves cognition, brain function, and mental health.

*Walk & Wheel to School Month* is part of the City of Vernon's active transportation program that aims to get more people walking, biking, and taking transit. For more information visit [www.vernon.ca/iwalk](http://www.vernon.ca/iwalk). For more information on how to organize an event at your school, contact Angela Broadbent at [abroadbent@vernon.ca](mailto:abroadbent@vernon.ca).



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