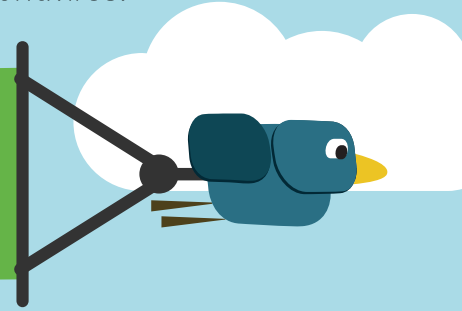


Let's stay one step ahead

Dear Parent/Carer. Returning to school is both exciting and daunting for us all as we tackle a world with Covid-19.

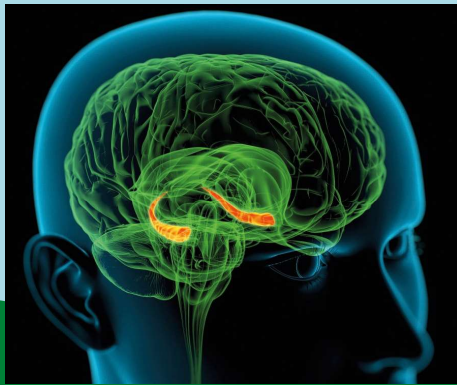
You will know – better than most – the impact lockdown has had on our children's mental, physical and emotional health. Being physically active improves physical and mental health and boosts our body's natural immunity to fight off viruses, including Coronavirus.

As you prepare your child for school here are 3 reasons to consider trying walking or cycling with your child this autumn.



1. Moving boosts your brain!

Children who do some form of exercise, especially a walk before school, do better in class because they arrive refreshed, fit and ready to learn. Exercise connects more neurons together to increase brain power and this improves concentration, creativity and memory.



2. Moving makes us happy!

People with high levels of regular physical activity have been shown to have higher levels of positive emotions. A recent Wokingham Borough Council survey showed residents moved more often in lockdown and it made us feel happier.

3. Kids need an hour a day to get active!

The Department of Health recommend all children do at least 60 minutes of vigorous activity per day, but over half of children between 5 and 15 don't achieve this. Adults are supposed to do at least 20 minutes of activity a day so using the school journey to get active can make a real difference for the whole family.



And it's not too far! The average walking journey to a primary school in Wokingham Borough is 26 minutes and by bike only 10 minutes! That's a distance of 1.3 miles. In lockdown 85% of trips in Wokingham Borough were over 30 minutes.

Can you use the journey to school and keep moving to stay healthy? Walking and cycling is the perfect way to get you and your children safely back into action, off screens and out of the house and exercising together.

Have a look at how you could walk, cycle or scoot with your child at www.myjourneywokingham.com



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