

# LET'S GET Walking!

Walking is a natural and easy form of physical activity that can be enjoyed by most children. It's a great way for children to meet The Canadian 24-Hour Movement Guidelines.

## MENTAL HEALTH AND WELL-BEING

- Reduces stress, depression and anxiety
- Increases resilience, well-being and positive mental health

## ACADEMIC PERFORMANCE

- Healthy brain development
- Stimulates the body and mind
- Improves academic performance: better concentration, attention span, memory and focus

## HEART AND LUNG HEALTH

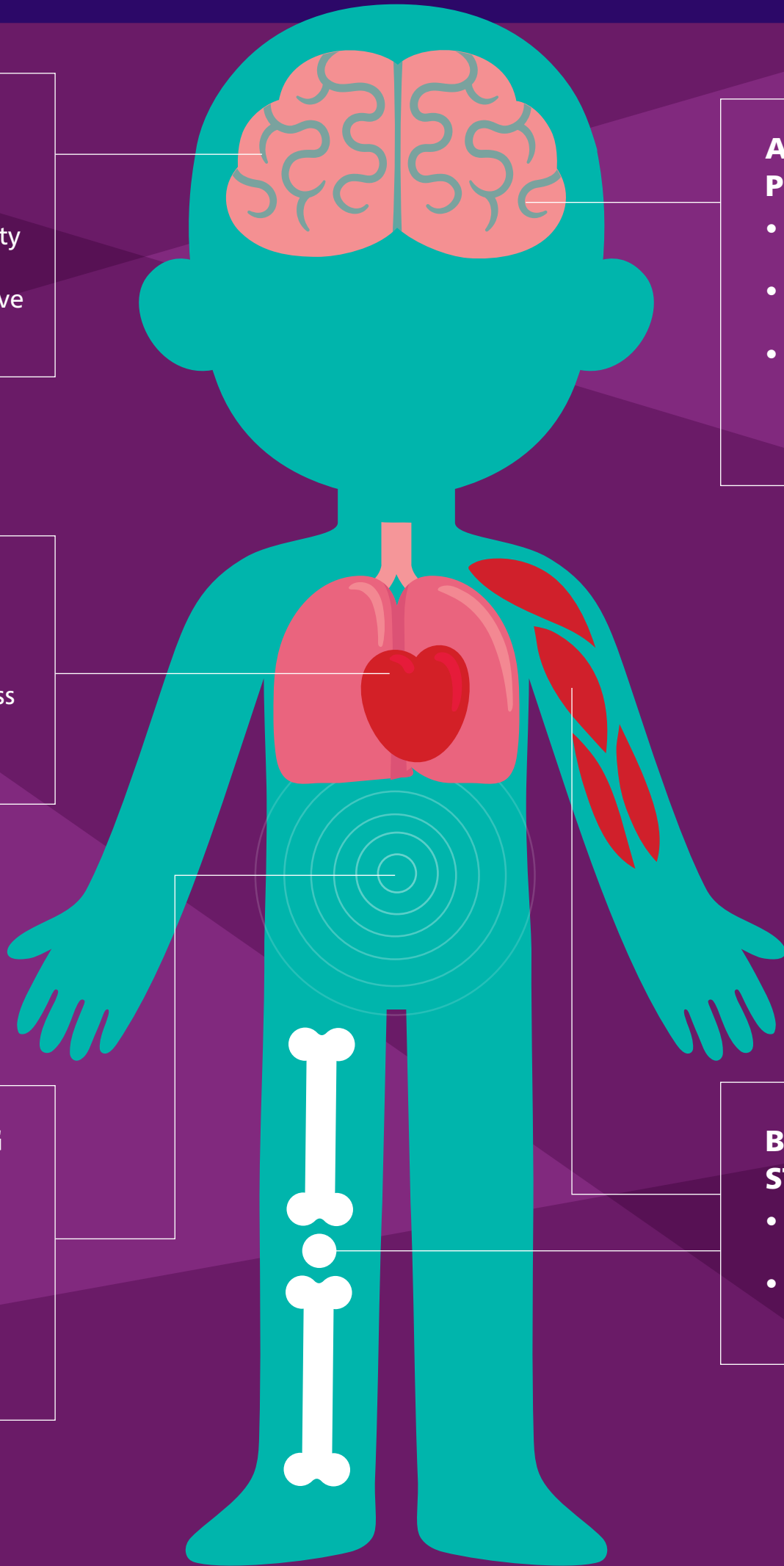
- Improves heart health and fitness
- Increases lung capacity

## PROMOTING LONG TERM HEALTH

- Reduces risk for type 2 diabetes, osteoporosis, heart and lung disease
- Strengthens immune system

## BONE AND MUSCLE STRENGTH

- Builds stronger muscles and bones
- Increases muscle endurance



**Step it up!** Walk to school or enjoy nature on park or forest trails. Make it fun by walking with others – try a walking challenge or mindful walking. Let's build healthy kids and get walking!

**PUBLIC HEALTH**  
[york.ca/HealthyKids](http://york.ca/HealthyKids)