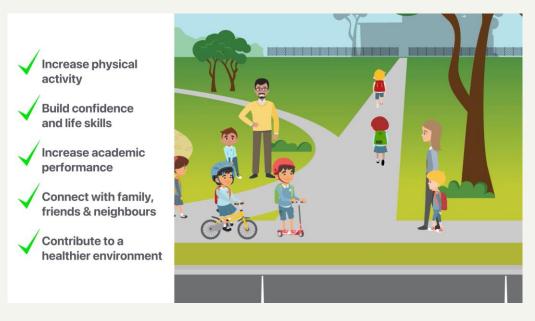


## **Active Travel = Healthy Minds**

Studies show that regular exercise and fresh air helps children:



## Keep up those healthy habits

Children that walk, ride, scoot, or skate to or from school are probably already feeling healthier and happier. Try starting a new physical routine and keep it in place until the end of the year. Even one day per week can make a difference. And part way is ok too, you don't have to walk all the way between school and home – try a nearby park as a start/finish point.

## Be a role model for your children

Being active is just as important for adults too! Make walking and riding part of your day with your children or on your own. If your children, see you doing exercise they will often copy. Exercise lowers your risk of health issues, boosts your mood, helps you to connect with friends and family and assists a better night's sleep.

Take a couple of minutes to watch our new Active Travel Animation to see how you can incorporate Active Travel into your week: <u>Active Travel - Reduce your car trips to school</u>

## Contact the City of Casey:

Web:www/casey.vic.gov.au/safe-around-schoolsEmail:Safearoundschools@casey.vic.gov.auPhone:03 9705 5200Post:PO Box 1000, Narre Warren VIC 3805NRS:133 677 (for the deaf, hearing or speech impaired)

Customer Service Centres:Narre Warren:Bunjil Place, Patrick Northeast DriveCranbourne:Cranbourne Park Shopping CentreABN:43 320 295 742



TIS: 131450 (Translating and Interpreting Service) المترجم الفوري ক্রাফি مترجم شفاهى নার্জিফ ভার্তা তেওঁচার্তার

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