

LIVING

STREETS

LET'S  
WALK TO  
SCHOOL

# Walking ROOTS

FIVE-DAY WALKING challenge

## It's Walk to School Week

Date

This year, we're taking part in Living Streets' five-day walking challenge, Walking Roots.


Walking is good for us, but **WHY?**

**YOU + WALKING =**

**HEALTHIER BODIES, HAPPIER MINDS.  
FEWER CARS AT THE SCHOOL GATES.  
LESS POLLUTION.  
TIME TO CHAT WITH FAMILY AND FRIENDS.**

**Don't forget to share your story!**

Take photos and show the world your walk to school story!

 @livingstreets #walktoschoolweek

 facebook.com/livingstreetsuk

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**So let's all SWAP  
the school ride for  
A SCHOOL STRIDE!**

Live a long way from school? Why not try **PARK and STRIDE?**  
leave the car ten minutes away and get walking!

**We are Living Streets, the UK charity for everyday walking.**