**Join Millions Around the Globe During Walk to School Day**

Walking to school used to be a thing of the past but many schools today are pushing to make it more available to youth nationwide. Walk to School Day is an event that takes us one step closer to making communities aware and engaged in healthy activities.

Join [INSERT SCHOOL NAME] on October X as we celebrate physical activity, healthy walking environments and school pride by [PROVIDE EVENT DETAILS HERE].

Physical activity is anything you do that gets your body moving, including walking. Children need at least 1 hour of physical activity per day and adults need 30 minutes at least 5 days a week. Between walking to school, recess and physical education class, students can come close to meeting those recommendations. It’s always important to encourage students to be active during those times to stay healthy!

Support your child as they participate in this school and worldwide event October X, 202X!