

North Devon Conservatives

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INTERNATIONAL WALK TO SCHOOL MONTH 2009

MR PHILIP MILTON, Prospective Conservative Member of Parliament for North Devon, is supporting International Walk to School Month this October. The initiative teaches children about healthy, safe exercise, and encourages them into a more active lifestyle. Walking to school regularly is a fantastic way to reach the recommended daily 60 minutes of activity to benefit their health. It also gives children the opportunity to learn about the environmental impacts of travel, hopefully persuading parents to leave the car at home as much as possible.

Philip said:

“It is vital for children to learn about the benefits of a healthy lifestyle at an early stage in life, and this is a great way to start. Like many parents, I am troubled about the recent concerns about children’s health, and I welcome this initiative as a way to help schools teach children about the benefits of exercise”

“Teaching children the advantages of exercise at an early age allows them to develop a healthy lifestyle on their own terms, as well as encouraging the whole family to exercise together.”

“I appreciate that here in North Devon there are some who have no other way of getting children to school than by using a car but it may be possible to share the responsibility with others in your area thereby helping to reduce traffic and pollution as well as strengthening friendships”

ENDS