



## MEDIA RELEASE

### Helping Mildura Families Walk To School This October

11 September 2017

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Mildura kids and families are encouraged to get active this October by taking part in VicHealth's Walk to School program.

Mildura Rural City Council is teaming up with Healthy Together Mildura to work with local primary schools to deliver a range of activities encouraging more families to walk, ride or scoot to school this October thanks to a \$10,000 grant from VicHealth.

Councillor for Community Wellbeing and Services Ali Cupper said VicHealth's Walk to School program is a free, easy and fun way for kids to get active and learn healthy habits for life.

"Last year, 12 local schools participated in this great VicHealth initiative, and we encourage more primary schools to get involved this year to make Walk to School bigger and better," Cr Cupper said.

"We'd love to see more families walking, scooting or riding to and from school each day to help local kids get active and build healthy habits, confidence and friendships."

Local schools which participate in Walk to School will receive certificates to celebrate their students' achievements, and will be in the running for some fantastic local incentives provided by Healthy Together Mildura and regional prizes provided by VicHealth.

VicHealth CEO Jerril Rechter said each year the Walk to School program continues to grow with more and more schools taking part with fantastic results.

"Last year more than 144,000 kids from over 750 schools across Victoria took part in Walk to School. Together they walked more than 2.2 million kilometres – the equivalent of walking almost 55 times around the world," Ms Rechter said.

"This year, we hope to see even more local kids getting active as they travel to and from school. If you can't walk all the way, there are many great opportunities to get involved and support your school. Try parking the car a few blocks from school and walk, ride or scoot the rest.

"VicHealth's Walk to School initiative is a fun, free way to get school kids active and help them build lifelong healthy habits. It's also a great way for parents and carers to enjoy some quality time with their kids."

VicHealth's Walk to School program encourages Victorian primary school kids to walk, ride or scoot to and from school throughout October and build healthy habits for life. Mildura schools can contact



Healthy Together Mildura to find out more about local Walk to School activities, or visit <http://www.walktoschool.vic.gov.au> for more information.

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Media enquiries to:

Rachael Longeri  
Health Promotion Officer- Healthy Together Mildura  
50259604