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MEDIA RELEASE

Boost to student health with Walk to School Program

Primary school students across Hindmarsh Shire have again been reminded of the benefits of an active lifestyle after participating in VicHealth's Walk to School program across October. Now in its fourth year locally, the Walk to School program facilitated by Hindmarsh Shire Council helps students to learn the benefits of walking and being active.

In excess of 300 students participated in activities to improve their health and wellbeing. Activities provided by Wimmera Regional Sports Assembly were well supported at each school with a large number of students participating in each activity. Hindmarsh Shire Council Mayor Cr. Ron Ismay commented "It has been wonderful to receive feedback from students, parents and schools detailing how much they have enjoyed participating in the Walk to School Program this year. Many of the students have already expressed how much they are looking forward to being involved again next year".

"The whole aim of the Walk to School Program is to get young people active and to understand the benefits of walking and living an active lifestyle. I hope that students enjoyed walking to school so much that they continue walking to school every day."

"Well done to everyone who participated, and we also must thank Wimmera Regional Sports Assembly and the Rainbow Lions Club for their assistance with the program this year!" added Cr. Ismay.

For any further information contact Hindmarsh Shire Council's Community Development Officer, Michelle Farinha on 5391 4444 or email mfarinha@hindmarsh.vic.gov.au. To find out more about Walk to School visit www.walktoschool.vic.gov.au .

Greg Wood

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