



Facts about students, health and active travel

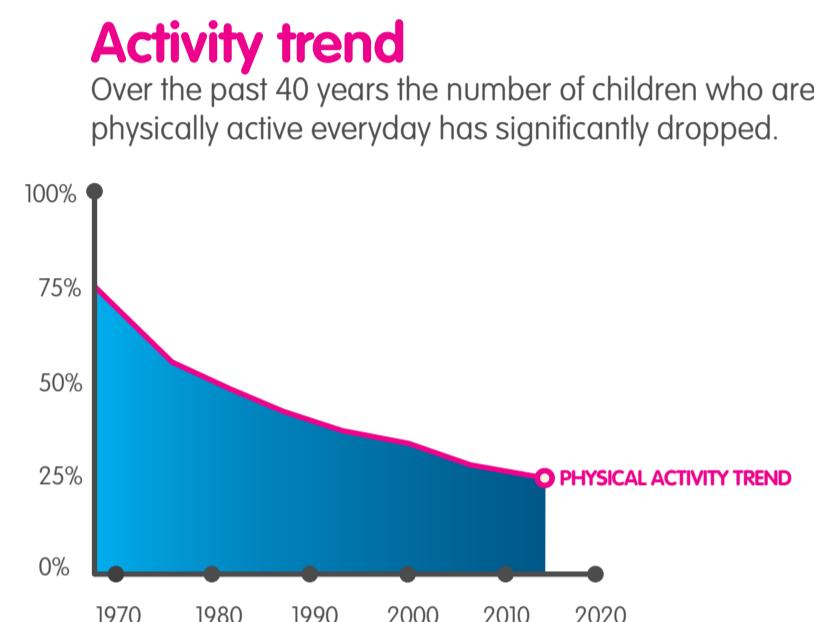


Today the levels of physical activity are significantly low when compared with statistics 40 years ago. The Ride2School Team are working to reverse this trend. This infographic is designed to show the benefits of increased physical activity with students and the school community.

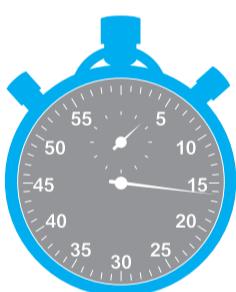


70's
In the 1970s
8 out of 10
students rode or
walked to school.
Today there are only
2 out of 10

TODAY



Physical activity
is ranked **second** to tobacco
control as the most important
factor in disease prevention in
Australia



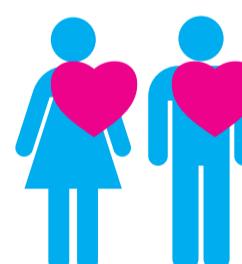
60 minutes
is the minimum daily
requirement for physical
activity for children under 18



Getting children out of cars and into
active transport is believed to be the
most effective way to
**improve levels of
physical activity**



Students who actively travel
arrive awake and alert, improving their
concentration in class and ability to
understand the curriculum



Physically active
students are healthier, happier and
more socially connected



Active Transport

can reduce congestion and parking
problems, leading to healthier local
environments and communities.



Schools that participate in the Ride2School
program achieve an average of
5 in 10
students who actively travel to school.

About the Ride2School Program

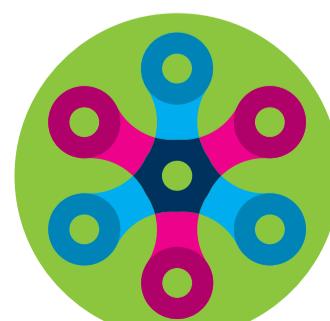
The Ride2School Program is a behaviour change initiative that works to make active travel normal for students, while improving schools education outcomes.

The program aims to tailor its assistance to suit the needs or overcome the barriers faced by each school.

**Join thousands of schools across Australia and
register today at ride2school.com.au**

References

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RIDE 2 SCHOOL