



STROLL & ROLL

Active Travel to School

Do you live too far away to actively travel the whole way to school? Don't forget that part of the way is ok! Keep an eye out for Park & Walk zones or find a safe place to park 500m-1km from the school and actively travel the rest of the way.

It is recommended that children and young people do at least 60 minutes each day of moderate to vigorous physical activity that makes the heart beat faster. So why not get some physical activity in to start the day!



For more information
scan the QR code or visit
www.latrobe.vic.gov.au/StrollandRoll

