

Active School Travel Pathways to a Healthy Future



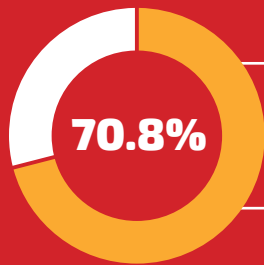
Physical activity is a powerful, preventive course of action.
Physical activity leads to healthier and more productive daily lives.

OUR PROBLEM

Physical inactivity is a significant risk factor for chronic diseases such as mental illness, cardiovascular disease and cancer.

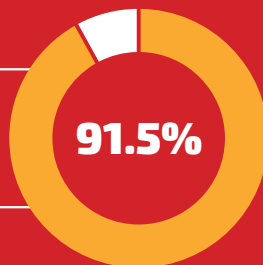


Australian children are some of the most "chauffeured" children in the world



children (5-11 years) not meeting physical activity recommendations.

young people (12-17 years) not meeting physical activity recommendations.



THE BENEFITS OF REGULAR ACTIVITY

Physical activity is important at every life stage. Physical activity behaviours from a young age is linked with health benefits across the life-course.



Physical activity is essential for physical, social and emotional wellbeing

Creates more vibrant, social, safer and environmentally sustainable communities

Foster health-promoting behaviours for children and families to be physically active



OUR SOLUTION

Active travel is one of the easiest ways to incorporate physical activity into everyday life. Australian experts recommend a three-part policy framework.



1. Build active environments to prioritise pedestrians and cyclists

2. Establish a knowledge hub for active school travel initiatives

3. Adopt a national target for physical activity

Supporting Organisations

