



# what will you swap?

“My family is swapping  
driving to school for walking  
- it’s way more fun!”



Walking, running, skipping and scooting are all more fun than sitting in the car. And they help you keep your body strong and healthy too. Why not ask the grown-up who takes you to school if you can walk some or all of the way?

change  
4 life  
Eat well Move more Live longer