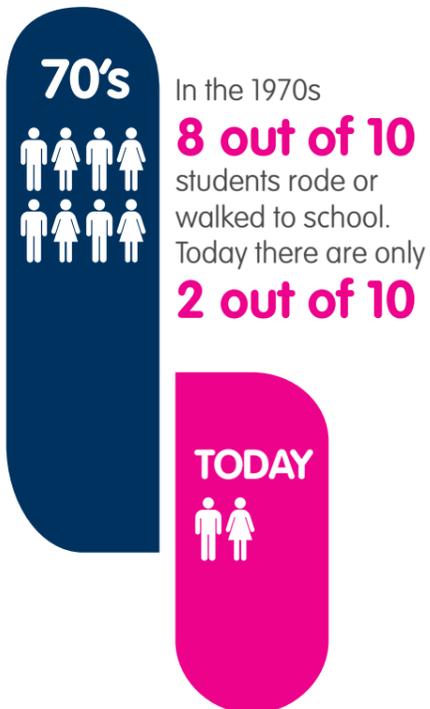


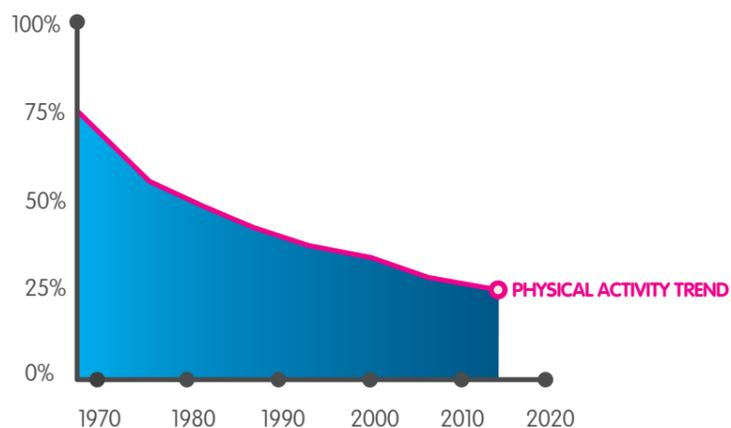
# Facts about students, health and active travel

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.



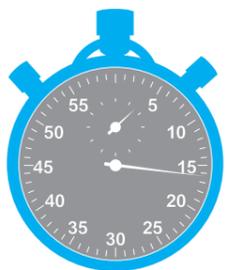
## Activity trend

Over the past 40 years the number of children who are physically active everyday has significantly dropped.



## Physical activity

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



## 60 minutes

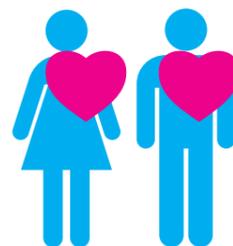
is the minimum daily requirement for physical activity for children under 18



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.

## 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.



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

**Join thousands of schools across Australia and register today at [ride2school.com.au](http://ride2school.com.au)**

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# RIDE 2 SCHOOL