

Local students are encouraged to walk to school as part of IWALK

International Walk to School Week to begin this Monday

It's time to get those walking shoes ready.

Monday marks the start of the seventh annual International Walk to School Week (IWALK), and the Region and both local school boards are encouraging schools, students, teachers, parents and community leaders to take part.

"Walking is one of the easiest ways to build physical activity into a child's life," said Dr. Bob Nosal, Halton's medical officer of health.

"In Ontario, over 50 per cent of children are not active enough to achieve health benefits. This lack of physical activity has contributed to the startling increases in obesity and type 2 diabetes among our children and youth."

Last year, over three million people worldwide participated in IWALK, including students from 58 Halton elementary schools.

Every school in Halton can get involved, including those located in urban and rural communities. For example, in areas where the majority of students can't walk to school because of distance, schools can initiate organized walking groups at recess or lunch.

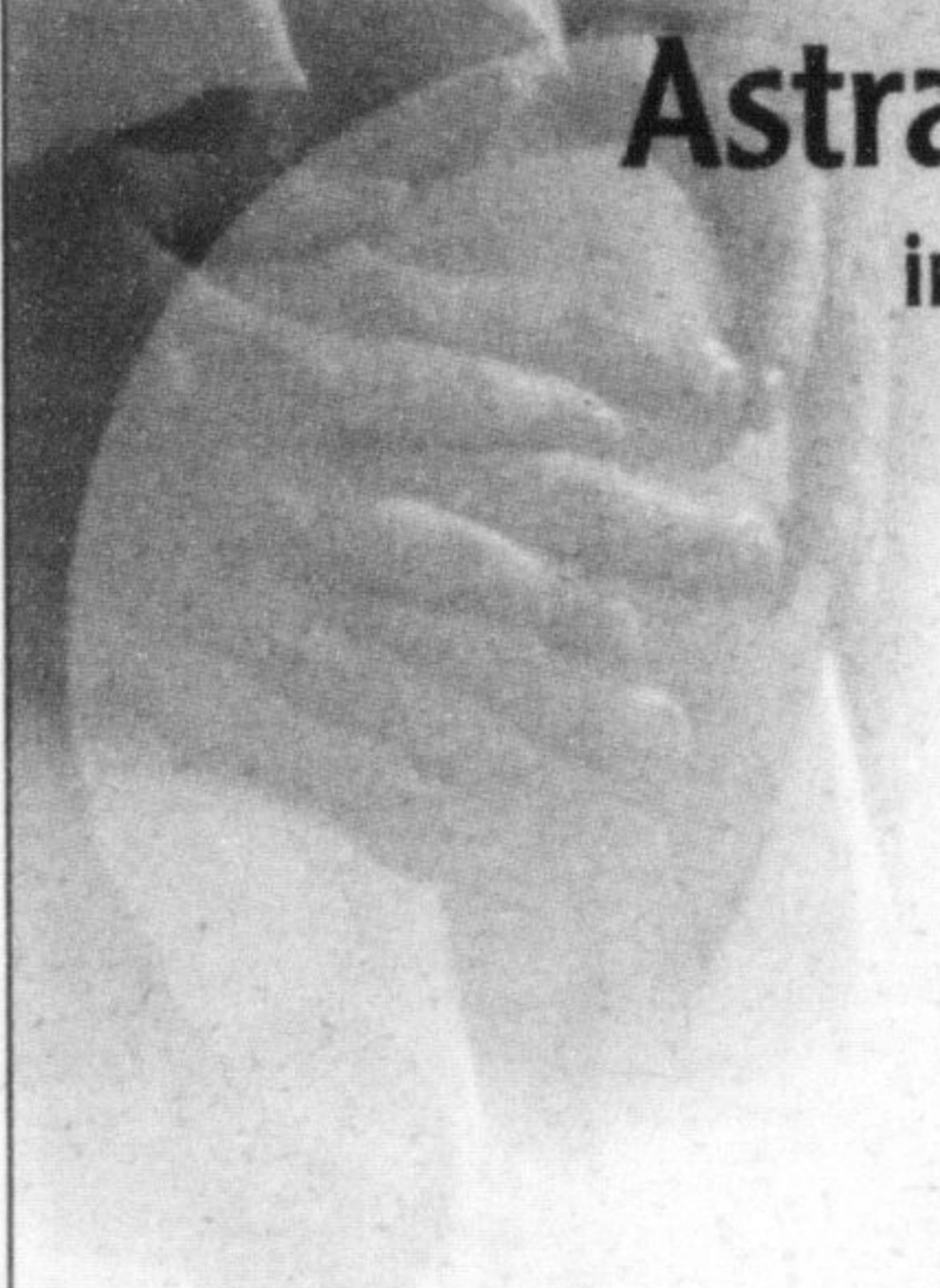
During the week, the Region is also collaborating with local municipalities to support its anti-idling blitz, challenging motorists to turn off their engines.

IWALK is organized provincially by Green Communities Canada. It's considered the starting point for schools to implement the Active and Safe Routes to Schools (ASRTS) program, which includes several other initiatives such as no-idling zones, bus drop-off zones and mapping activities and exercises.

Schools that participate in IWALK 2006 are eligible to apply for small grants to support the implementation of an additional ASRTS initiative.

Details about the grant opportunity were included in the IWALK package sent to each public, Catholic, private and French school in Halton and can also be obtained by visiting www.halton.ca.

For further information about IWALK call (905) 825-6000.



Astra Fertility Clinics
in Mississauga and Brampton,
committed to excellence
and compassion in
fertility management
and treatment.

Toll Free 1-866-962-7872,
www.astrafertility.com
email info@astrafertility.com

OSH KOSH

• OLD NAVY • GAP • ADIDAS • DISNEY • NIKE • TOMMY HILFIGER

...PLUS MANY MORE DESIGNER NAMES
GENTLY USED CLOTHING INFANT TO YOUTH SIZES

HUGE FALL & WINTER SALE **LOTS OF COATS & SNOWPANTS**

ONE DAY ONLY
Sunday, October 1st • 12-3pm

CASH ONLY **ACTON ARENA • 415 Queen St. E., Acton**
Sunshinekidsweare@sympatico.ca (519) 836-8522

ALISHA AND FARIDA TOOK A STAND FOR THEIR REGIONAL CANCER CENTRE.

WHERE DO YOU STAND?



Alisha and Farida Merchant

Farida Merchant and her daughter Alisha know from personal experience how fortunate we are to have the expertise and care of a world class regional cancer centre so close to home. That's why they became passionate supporters of The Credit Valley Hospital Foundation's \$50 million capital campaign, and inspired their friends and family members to do the same.

Won't you join Farida and Alisha?

**STAND AND BE COUNTED.
SUPPORT YOUR CANCER CENTRE.**



CREDIT VALLEY
THE CREDIT VALLEY HOSPITAL FOUNDATION

Please call 905-813-4123 today.
Or visit www.cvh.on.ca

We're now at 94% of our goal.

World Class. Right Here.