

[Get outside, enjoy winter and walk every day!](#)



Wednesday, February 1, 2017 is Winter Walk Day across Canada.

[The Canadian Physical Activity Guidelines for children](#) recommend that children need at least 60 minutes of daily physical activity a day. Walking is a great way to achieve some of those recommended minutes.

Walk to school or at school for daily physical activity, a healthier environment, safer streets, making friends and ... having fun! It's simple to be active in the winter!

A few tips for dressing for winter walking:

- Keep hands and head covered to prevent heat loss
- On really cold days wear a scarf over your face and mouth
- Wear warm, waterproof boots and a warm coat that deflects the wind
- Woolen clothing helps to retain the heat
- Wear clothing or carry knapsacks with reflective material – it's important to be seen

Reference: [Active and Safe Routes to School](#)

For more information, check out our [website](#), or to speak with a public health nurse, Dial 311 or email: haltonparents@halton.ca

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