

Did you know.....

Interesting facts about walking/wheeling



Below is a list of interesting facts about walking that could be used in a variety of ways such as:

- Starting a discussion, a debate about walking
- Form part of a quiz true/false quiz
- Used as 'info pops' around the school to raise awareness about the travel theme.
- Another idea could be to use the facts as 'statements' and use the format of the [Agree/Disagree](#) workshop to create an interactive class lesson
- Students could also research and add their own interesting facts as a research project. For example facts about walking and the environment

Interesting facts about walking and active travel

Health – Physical Wellbeing:

- Walking increases your bone density and strength
- Walking improves balance and coordination
- To burn off 3 slices/1 quarter of a large pizza an average person would have to walk for 1hr20mins!
- Walking increases blood flow which improves your mood and your skin.
- You need 200 muscles in your body to walk
- ¼ of all the bone in the human body are found in the feet
- Walking increases blood flow and improves your mood
- Left-handed people are generally left-footed too, they tend to put their left foot forward first when they walk
- Walking sideways burns more calories than walking forward
- Children and young adults need at least 60 minutes of physical activity *every* day
- Adults need 30 minutes of physical activity for 5 or more days of the week
- Physical activity helps to power your brain and can help improve your memory
- Pupils who walk or cycle to school have higher overall levels of physical activity, have better cardiorespiratory fitness, and are more likely to be physically active into adulthood

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Interesting facts about walking



Health – Physical Wellbeing:

- Young Irish girls generally exercise less than young Irish boys (15% gap between the two – 63.5% of Irish boy and 80.5% of Irish girls are said to be insufficiently physically active)
- On average primary school children engaged in 5.1 hours per day of sedentary time; for post primary pupils the figure was 6.6 hours per day.
- Walking reduces the risk of getting heart disease and diabetes
- 7 in 10 Irish children do not get enough physical exercise

Economic facts:

- Each km walking instead of driven saves 0.41c – not only is walking free, but you're also essentially making money by doing it!
- In Dublin, if each school trip was walked instead of driven, we would save around €46 million)

Social:

- Walking is great for mental health; it increases blood flow to the brain and improves your mood
- Taking a walk allows you time to think and reflect
- Walking increases opportunities for face-to-face social contact and helps people to map their neighborhood in social terms."
- It's harder to have a conversation walking to school with more traffic due to noise pollution from car engines

Fun facts

- If you walk 9,000 steps in a day, in an average lifetime you will have circled the Earth 3.5 times.
- If you walked at 5km/hour non-stop day and night it would take you a whole year to walk around the equator – which is 40,000km



What about the environment?

Do you know of any interesting facts about how active travel benefits the environment? For example, walking 1km instead of driving can save 130g of CO₂!