



Photo provided by Green Communities Canada, Westvale Trailblazers, Westvale Public School, Waterloo, Ontario.

Less than half of children in Canada regularly walk or cycle to school.

Could you get them there without the car?

Most parents don't think that their kids are at risk for becoming overweight. Yet childhood obesity rates are increasing. That's the reality.

Go to www.dailythingscount.ca to see how your kids measure up.

