your healthy self

Cycling, scooting or walking to school is the best way to start your day

✓ Being outdoors & breathing clean air is good for your body

✓ You can be independent and travel alone or with your friends or family

✓ Spending time in nature can help you feel calm

✓ Arrive at school refreshed, happy and ready to have a great day!

#YourHealthySelf

www.fingal.ie/activetravel

Comhairle Contae Fhine Gall
Fingal County Council