

“Get OLOL Walking”

OLOL Annual School Walk – Monday 27th September.

National Walking Day takes place on Sunday next as part of European Week of Sport. One of the aims of National Walking Day is to promote walking at a local level in communities across Ireland.

Walking is a hugely accessible activity and has many benefits for both the body and the mind. Being Active leads to:

- Increased health benefits
- Better mental health
- Feeling great
- Confidence
- Increase in productivity

As a school community we will participate in this initiative by having our annual School Walk on Monday next, 27th September, which will give all of us an opportunity to get outdoors and get active.

All students and staff are invited to join in “Getting OLOL Walking” and are encouraged to incorporate physical activity into their daily routine.

