Walking to school was associated with higher overall moderate to vigorous physical activity throughout the day compared with travelling by car, bus, or train. Similar results have been reported for 10 year old children, although among 5 year olds, mode of travel to school did not significantly affect overall physical activity, suggesting that walking to school may be more effective for older children. Reasons for increased physical activity (not investigated) may include differences in appreciation of activity and walking in the morning may stimulate further activity and social facilitation. Understanding these differences would help in promoting healthy ways to travel to school.

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