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| Term 4, week 1 |  | WA Bike Month is the State’s annual celebration of bike riding!  No matter your age or ability, bike riding is for everyone so why not give bike riding to school a go this #WABikeMonth2023  @WABikeMonth @TransportWA @actbelongcommit |
| Term 4, week 2  *\*use emojis if you can* |  | Bike riding can improve mental, physical and social health and wellbeing!  Swap short car journeys, like to and from school, with bike riding and reap the benefits. It can do wonders for:  Heart with solid fillheart health  Muscular arm outlinephysical health  Scales of justice outlinebalance  Left Brain outlinemental wellbeing and cognitive function  Snooze outlinesleep quality  #WABikeMonth2023 @WABikeMonth @TransportWA @actbelongcommit |
| Term 4, week 3  *\*use emojis if you can* |  | Bike riding is environmentally friendly Leaf with solid fill  Bike riding is a great way to lower emissions and create a greener and cleaner environment. In fact, bike riders have around 84% lower CO2 emissions from all daily travel than non-riders. Kick-start your bike riding journey this #WABikeMonth2023 @WABikeMonth @TransportWA @actbelongcommit |
| Term 4, week 2 |  | Riding a bike can be a great way to exercise as a family and get out in nature. Did you know there is an amazing network of shared paths for walking and riding in WA?  Plan your journey now using the Your Move Journey Planner tool on www.yourmove.org.au/journey-planner  #WABikeMonth2023 @WABikeMonth @TransportWA @actbelongcommit |