



## Walking In Schools (WISH): a peer-led, school based walking intervention for adolescent girls'

The transition from primary to second-level education represents a time when levels of physical inactivity increases, especially in adolescent girls. This trial will assess the effectiveness of a low-cost school-based, peer-led walking intervention in increasing physical activity in adolescent girls. If the intervention increases physical activity there is potential for adoption by schools across the entire island of Ireland resulting in sustainable, long-term, positive impacts on child and adolescent population health.

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