

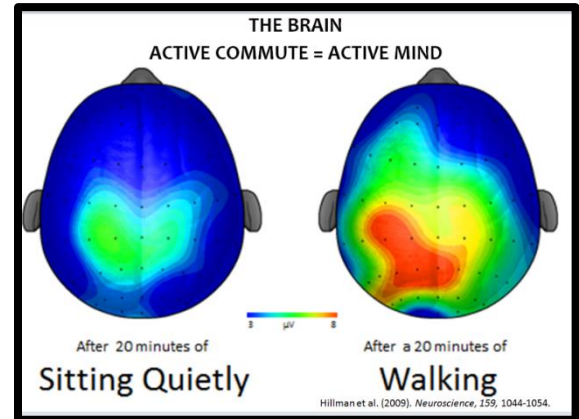
WHY WALK or BIKE to SCHOOL? FIVE GREAT REASONS

1) To Increase Academic Achievement

Children who are physically active do better in school. Some research findings:

- Kids who are physically active get better grades.
- Kids who walk and bike to school have increased concentration at school.
- Just fifteen minutes of exercise before school improves performance on tests taken later in the day.

Parents get brain benefits from exercise too!



2) To Increase Happiness

Research has found that kids who get physical activity are more likely to be happy than kids who spend more time sitting. People also receive a happiness boost by being friends with those who live near them. Walking and biking to school turns neighbors into friends and fosters community connections. Being active together helps strengthen family connections too.



3) To Lower Your Carbon Footprint

One child walking or biking to school rather than driving can save almost 100 POUNDS of CO₂ emissions. A whole school committed to walking and biking can make an enormous impact on reducing carbon dioxide emissions and harmful pollutants.

4) To Foster Independence

Walking and bicycling to school leads to independence. Children who walk or bike to school are more likely to walk to other destinations in the neighborhood. The ability to get oneself to and from school opens many leadership opportunities as children age.

5) To Increase Physical Activity

The Center for Disease Control recommends that children get 60 minutes of physical activity **EVERY DAY**. In the United States, childhood obesity is on the rise. Childhood obesity is a contributing factor to higher risks for health complications such as diabetes, heart disease, high blood pressure, cancer and asthma.