

**WALKBIKE**  
**TO SCHOOL**



*Safe Routes To School*

*MJ Cloud*

In 2009 Safe Routes To school started celebrating the International walk To School Day with 4 schools. This year 8 schools organized walking event for October 7<sup>th</sup> or have walking programs established for all year long.



# The Benefits of Safe Routes Programs

- ✓ Physical Activity
- ✓ Teaching Safe Pedestrian and bicycling skills to children.
- ✓ Awareness of how walkable and bike able a community is and where improvements can be made.
- ✓ Concern for the environment
- ✓ Reducing traffic congestion, pollution, and speed.
- ✓ Sharing time with community leaders, parents, and children.



IWALK is a proactive event; studies show that when children adopt healthy habits early in their lives, they are more likely to make them lifelong practices.



This one-day event is a reminder for the community to reminisce on the simple joy of being healthy.







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