

## Walking/Bicycling to School is Fun and Safe

There are many benefits to walking or bicycling to school and there are ways to make these choices safe and easy for your child.

### **Advantages of walking and bicycling:**

- 1) Walking and bicycling are healthy exercises.
- 2) Exercise before school is proven to help children learn.
- 3) Exercise reduces risk of obesity.
- 4) Walking and biking to school reduce the amount of traffic congestion in front of schools.

### **Advantages of less traffic:**

- 1) Reduced traffic means less air pollution and better air quality for children to breathe.
- 2) Less driving means less money spent on gasoline.
- 3) Safer conditions for pedestrians and bicyclists.

### **Ways to create fun and safe walking programs that children will enjoy:**

- 1) Invite parents to lead "Walking School Buses" (chaperoned walking groups) for neighborhoods.
- 2) Provide incentives at school for students who walk or bicycle.
- 3) Designate a certain school entrance for students who walk to school.
- 3) Host a walk-to-school event or participate in International Walk/Bike-to-School Day each October.
- 4). Initiate a "Park and Walk" program. For those who live too far from school to walk or bike, carpool to a destination that is a closer distance to school and park the cars. Invite other students to meet you and walk to school together.

This blurb is offered free of charge by the Center for Health & Learning with funding from the Vermont Agency of Transportation Safe Routes to School Program.



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