

Walking to School is Fun and Safe

There are many benefits to walking to school and there are ways to make it safe and easy for your child.

Advantages to walking are:

- 1) Walking provides students with a healthy dose of exercise
- 2) Walking/exercise is proven to help children learn
- 3) Walking/exercise reduces risk of obesity
- 4) Walking reduces the amount of traffic in the school yard
- 5) Reduced traffic means less air pollution from idling cars
- 6) Less driving for parents means less money spent on gasoline



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

- 1) Invite peers and parents to walk together (this is called a “walking school bus”)
- 2) Provide incentives at school for students who get there by walking
- 3) Designate a certain school entrance for students who walk to school
- 3) Host a walk to school event
- 4) Initiate a “park and walk” program. Carpool to a destination that is a short distance from your school. Get out of the car and walk to school together. Invite other students to meet you. This is a great system for students who live far from their school.



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