



**Learning Task 1: Health and Environmental
Benefits of Walking and Biking to School**

This assignment will introduce you to the health and environmental benefits of walking and bicycling as well as the role of the national Safe Routes to School (SRTS) program.

Directions: Take notes from the presentations to answer each of the following questions.

1a. What health and learning benefits are associated with walking/bicycling to school?

1b. What are the environmental benefits to walking/biking to school?

1c. Why do safe routes to school matter?

1d. How does the National Safe Routes to School (SRTS) program address health and environmental benefits?