

WALKING TO SCHOOL



BENEFITS OF WALKING TO SCHOOL

- Building good habits at a young age can encourage a healthier lifestyle in the future.
- Walking in the morning increases our heart rate, gets blood pumping throughout our body, and can help improve concentration, learning, and even test scores!
- Walking outside in nature increases Vitamin D levels and improves our immune system, which means fewer sick days.
- Walking improves mental health. Exercise in the morning will increase the release of endorphins, which can help us feel happy and positive throughout the whole day.
- Regular physical activity can help you get better sleep at night.
- Parents - walking to school is good for you too! It also allows for more (screen-free) family time.



IS MY CHILD READY TO WALK TO SCHOOL ALONE?

- Children usually aren't ready to start walking to school without an adult until about 5th grade, or around age 10. Younger children are more impulsive, less cautious around traffic, and less aware of their surroundings.
- By walking with your children to and from school, you can help them learn the neighborhood, and teach them about traffic signs, street signs, and directions.
- If you live far away from school, you can drive part of the way and then walk, run, or bike the rest. Aim to walk for at least 20 minutes (about 1 mile).

MORE INFO

- International Walk to School Day is held each year in October.
- www.walkbiketoschool.org
- www.saferoutesinfo.org

THANKS FOR THESE TIPS!