

CPA  
PRESENTS

BENEFITS OF

WALKING

TO SCHOOL



walk with a DOC  
educate. exercise. empower.

COASTAL  
PEDIATRIC ASSOCIATES

## Benefits

- > Decreases childhood obesity.
- > Guaranteed physical activity 5 days/week.
- > Getting our body moving in the morning sets us up for a good day.
- > Helps to contribute to their daily amount of exercise.
- > Allows you to spend more time with family.
- > Build good walking habits from a young age, so they may choose to walk more when they can.

## Is my child ready to walk to school alone?

- > Children usually aren't ready to start walking to school without an adult until about fifth grade, or around age 10.
- > Younger children are more impulsive and less cautious around traffic, and they often don't fully understand other potential dangers they could come across.
- > By walking with your children to and from school, you can help them learn the neighborhood, teach them about traffic signs, street signs and directions.
- > Don't worry if you live far away from school, you can drive half way and walk, run or bike the rest.
- > It's also a great opportunity for some chat time with your kids.

## Why students should walk to school:

- > Walking in the morning increases heart rate, gets our blood pumping around our body, and can help our concentration so we can learn lots of new things.
- > Improves Test Scores. Adding just 20 minutes of physical activity (approximately the time it takes to walk a mile) into a child's day can increase test scores.
- > Walking outside under the sunlight is healthy! It increases Vit D levels and improves our immune system, which means: Fewer Sick Days.
- > Improves Mental Health: Exercise will increase the release of endorphins which makes us happy and positive for the whole day.
- > Improves Sleep
- > It's Good For You, Too!

