



THE NEW WAY TO MOVE SMART

Kids who walk and bike to school are healthier . . . physically, emotionally, academically, and socially.



www.SafeRoutesNE.com

Why walking or biking to school is so important

Over the last few decades, childhood obesity in America has become an epidemic. Children simply aren't getting enough activity. Very often, overweight children carry these unhealthy habits into adulthood. And the consequences are serious . . . this generation of children may well have a shorter life expectancy than their parents.

Walking or biking to school every day can help your child avoid this dangerous trend!

The benefits of walking and biking to school aren't just physical. Kids who get enough exercise are more alert, do better in school, and have more chances for meaningful social interaction. When you think about how much fun there is to be had on the path to school each day, it's no wonder!



What you can do

- Help your kids map out a route to school.
- If you live far away, drop your kids off a reasonable distance from school and let them walk from there.
- Work with neighborhood parents to establish a walking school bus, where children walk in a group supervised by an adult.
- Teach your kids the rules of the road and how to deal with strangers.

About Safe Routes Nebraska

At Safe Routes Nebraska, we're committed to helping build safe routes to school, so kids can walk and bike more . . . getting the exercise they need for happy, healthy lives. Here's how we do it:

- Funding projects to make communities more walker/biker-friendly
- Educating teachers, students, parents, and communities on safe walking and biking
- Encouraging kids to walk or bike to and from school—after all, it's fun!

Visit www.SafeRoutesNE.com to find out more about helping build healthier communities with Safe Routes Nebraska.