



10 REASONS TO WALK & BIKE TO SCHOOL

Find out why it makes good sense to walk and bike to school.

WAKE UP

1

Active transportation can help you wake up, so you're alert by the time you arrive at school.

HEALTHY
& FIT

2

Regularly walking and biking helps keep the heart healthy and your bodies strong and fit.

CLEAN
AIR

3

Choosing active transportation means choosing cleaner air and improving the air quality in the region.

BE
SOCIAL

4

Use your walk or bike to school as a chance to catch up with friends before the bell rings.

BE A PAL

5

Walking and biking to school helps children learn how to be safe and to be a PAL on neighborhood streets.



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FRESH
AIR

6

It's easy to go a whole day without spending much time outside; an active commute changes that.

FEWER
CARS

7

If you're not driving to school, that means one less car on the road.

GET
READY

8

Mornings are tough, but an active commute helps you ease into your school day.

EXPLORE

9

Getting outside of the car allows you to take in your surroundings, explore and get to know your neighborhood.

IMPROVES
MOOD

10

Walking and biking to school naturally puts you in a good mood. It's a fact!