

Top 10 Reasons to Walk or Bike to School with your Children



HEALTHIER
STUDENTS

LESS TRAFFIC

CLEANER AIR

1 IT'S FUN

→ Walking and biking to school allows kids to spend time with their friends and explore their neighborhoods at a leisurely pace. Remember how much fun YOU had doing it?

2 IT'S SAFER AND GREENER

→ Less cars means less traffic and less pollution and a safer school zone for everyone.

3 IT'S HEALTHIER

→ Kids who are more active learn the value of exercise and grow up to be more active adults. Regular activity is one of the most effective ways to fight obesity and heart disease.

4 IT'S REWARDING

→ Spending a few minutes of quality time with your children is priceless and something they will always remember.

5 IT'S ENERGIZING

→ Students who walk and bike to school arrive energized and ready to learn.

6 IT'S SOOTHING

→ Stop rushing out the door, rushing in traffic and rushing to class. Slow down and walk with your child and enjoy the morning.

7 IT'S LESS EXPENSIVE

→ More walking and biking to school means less money on gas.

8 IT'S CLEANER

→ Driving in a back seat that looks more like a playroom is no way to prepare for a day of learning. Leave the car in the driveway and enjoy the fresh air instead.

9 IT'S INSPIRING

→ At some point our children will be responsible for their own transportation. Walking and biking to school is a great time to learn about traffic safety and understand that there are other forms of transportation besides cars.

10 IT'S EYE-OPENING

→ Walking and biking to school is an excellent way to develop greater community awareness and meet new people in your neighborhood.

FOR MORE INFORMATION ON WALKING TO SCHOOL IN WINSTON-SALEM, CONTACT:

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