

4 Fantastic Reasons to Walk and Bike

Less Traffic!



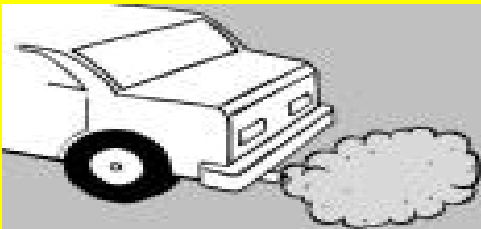
* Morning and afternoon car traffic around schools often causes congestion. Many more walkers and bike riders can fit in the space of a car.

It's Healthy!



* Physical activity helps build healthy bones and muscles, control weight, and is related to higher levels of self-esteem in children
- Centers for Disease Control

Less Pollution!



* Auto emissions are the leading cause of chemicals known to cause cancer, asthma, and other disease - EPA and American Lung Association

It's FUN!



* Walking or biking to school can be an adventure for kids, and it's a great way for parents to meet other parents!