



# Active kids are happy kids

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



[www.SafeRoutesNE.com](http://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 exercise. Very often, overweight children carry these unhealthy habits into adulthood. And the consequences are serious.

*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:

- Provide resources and educational materials to help communities become more walker/biker-friendly.
- Educate teachers, students, parents, and communities on safe walking and biking.
- Encourage kids to walk or bike to and from school—after all, it's fun!

Visit [www.SafeRoutesNE.com](http://www.SafeRoutesNE.com) to find out more about helping build healthier communities with Safe Routes Nebraska.

