

10 Good Reasons to Walk or Bike to School



1. It's Fun!

Walking and biking are fun ways to travel. There's so much to see, smell, touch, think and talk about along the way.

2. It's Healthy

Walking and biking are great ways to get fit or to stay strong and healthy. Regular exercise, even 10 minutes at a time, helps your heart, lungs and bones.

3. It's Educational

An active start to the day improves mood, concentration, creativity and problem-solving abilities. (That's true for adults, too!) Education doesn't have to start inside the school gate; children can learn about their neighborhood and become more self-reliant.

4. It's Non-polluting

Walking and biking trips cause no harmful emissions! Also, walkers and cyclists breathe less pollution than people inside an idling or slow moving car.

5. It's Neighborly

Walking enables children and adults to make new friends and get to know their neighbors. Fewer cars outside the school entrance can improve the school's traffic problems, and it is safer for other children who walk.

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6. It's Less Stressful

Coordinating drop-off and pick-up schedules and driving in commute traffic can be a hassle for both children and adults.

7. It's a Chance to Teach and Learn Road Skills

Adults get to teach traffic safety and step out from the driver's perspective to get their children's point of view. Children can practice road safety skills before venturing out on their own.

8. It's Convenient

Children who walk or bike can go where ever they need to go, when ever they need to be there - whether it's school, home, the library or ball field.

9. It's Economical

Fewer car trips = lower gasoline costs. Each time you walk or bike instead of use a car you save money on gas and maintenance. When more children walk and bike regularly, everyone saves time.

10. It's Safer

The presence of walkers and cyclists cues drivers to slow their speeds and use caution. Neighborhoods become a place where everyone can safely play, live and travel throughout the week, not just during school commute times.