



CHILDREN IN BALANCE

WALKING TO SCHOOL PROGRAMS

Help the environment and your health by making walking to school part of your daily routine. Gather friends and parents from the neighborhood, and start your day off right!

Why Should We Start?

- Increase daily physical activity by walking to and from school
- Decrease pollution by not using your cars quite as often
- Enjoy the fresh air and surrounding environment
- Interact with your peers on a different level

What Do I Need To Think About?

- Safe routes (i.e. crosswalks, crosswalk signals, crossing guards, etc...)
- Map of the area
- Built environment (i.e. well paved sidewalks)
- Adult supervision
- Local police awareness
- Getting support from the school administration
- Gear for different weather patterns

Where Do I Go for More Information?

- <http://www.cdc.gov/nccdphp/dnpa/kidswalk/> The Center for Disease Control and Prevention's support and encouragement for such programs includes benefits of walking, the importance of safe routes, and guidelines to get started.
- <http://www.walkableamerica.org> Partnership for a Walkable America. Features a walkability checklist to assess how walkable your community is, resources, and applications for the Pedestrian Project Award.
- <http://www.walktoschool.org/> Information about walking and International Walk to School Day
- <http://safety.fhwa.dot.gov/saferoutes/> The U.S. Department of Transportation shows its support of efforts to walk or bike to school along safe routes.
- <http://www.saferoutesinfo.org/> How to get started in finding safe routes to school.

Created by the Children in Balance initiative at the Friedman School of Nutrition Science and Policy at Tufts University