

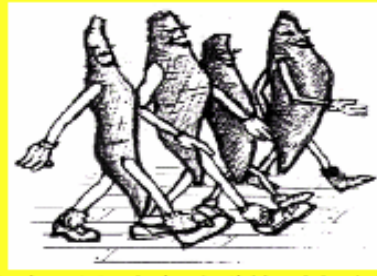
# 4 Fantastic Reasons to Walk and Bike

## 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!