

# PHYSICAL ACTIVITY

Builds and maintains healthy bones, muscles, and joints.



Helps control weight, build lean muscle and reduce fat.



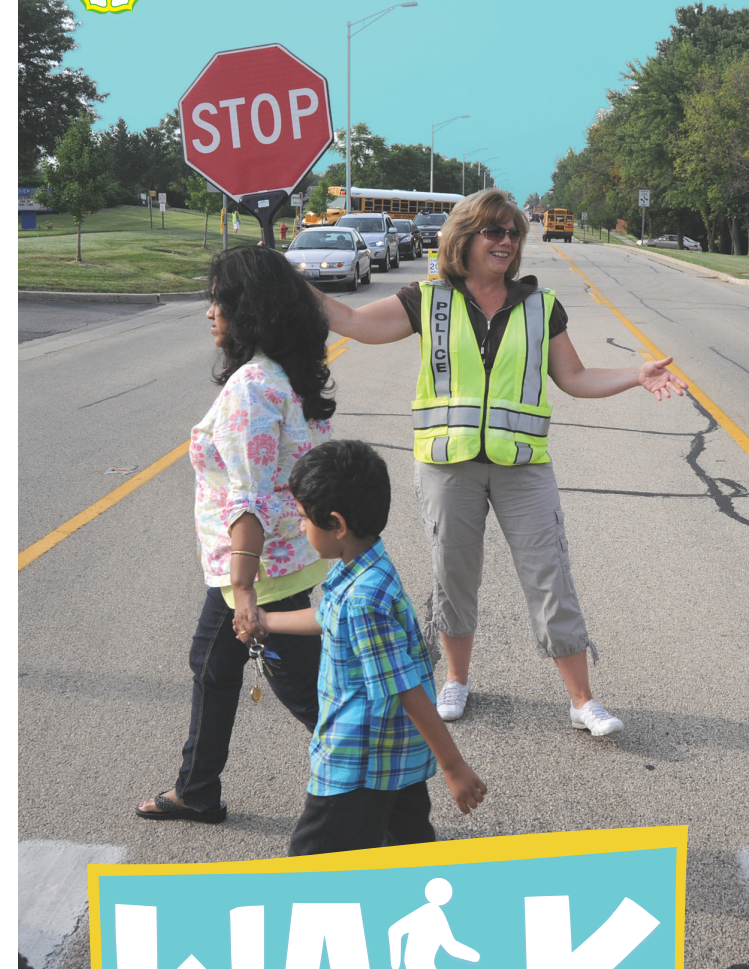
Promotes healthy social and emotional development.



Improves sense of self-image and autonomy.



VILLAGE OF SCHAUMBURG



**WALK**  
&  
**BIKE**  
TO SCHOOL



VILLAGE OF SCHAUMBURG

PROGRESS THROUGH THOUGHTFUL PLANNING

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# International Walk/Bike to School Day

Started in 1997, International Walk/Bike to School Day is a global event that involves communities from more than 40 countries walking and biking to school on the same day. When walking or biking, parents and children get to appreciate things they don't notice while driving – listening to the

sounds of the neighborhood, seeing friends and neighbors, and feeling connected with their community. Parents and guardians of elementary school students are encouraged to define safe walking and biking routes as an alternative to driving their children to and from school each day.

**The Healthy and Environmentally Friendly Choice.**



## Benefits of Walking and Biking to School

### Environmental

When families decide to lace up their sneakers or strap on their bike helmets to get to school instead of riding in a car, they help reduce the amount of air pollutants emitted by automobiles.

### Health

Physical activity is an essential component of a healthy lifestyle. In combination with healthy eating, it can help prevent a range of chronic diseases, including heart disease, cancer, and stroke, which are the three leading causes of death. Physical activity helps control weight, builds lean muscle, reduces fat, promotes strong bone, muscle and joint development, and decreases the risk of obesity. Children need 60 minutes of play with moderate to vigorous activity every day to grow up to a healthy weight.

### Community

Reduced traffic congestion can result in a decrease of morning traffic around schools, which improves conditions for pedestrians and bicyclists and creates a positive cycle—as the community sees more people walking and biking, more people feel comfortable walking and bicycling.