



(Feel free to pick any day in May that best fits your schedule.)

IT'S FUN - Do you remember biking to school when you were a kid? It's energizing.

BUILD HEALTHY HABITS - incorporate regular physical activity each day while also forming healthy habits that can last a lifetime. Regular physical activity helps children build strong bones, muscles and joints, and it decreases the risk of obesity.

IT'S GREEN - Bikes cool the Earth.

DRIVE LESS, STRESS LESS - Avoid waiting in long school drop-off and pick-up car lines. Ditch the car, and enjoy the many benefits of green travel.

UNFORGETTABLE MEMORIES Your child will never forget your time together biking to school.

ENJOY THE GREAT OUTDOORS - Bike the trails that lead to the school and enjoy the fresh air and scenery.

BRAIN POWER - Students who bike to get school arrive more alert and ready to learn with a clear mind.

EASY - Live too far away? Park a block or two away from the school and walk or bike.

For more information go to <http://www.walkbiketoschool.org/>