

Walk and Bike: It's Good for your Heart!

Whether you walk or bike a few blocks to school or close to a mile, your active commute is good for your heart, you whole body and it's invigorating and fun! With colder winter weather, children spend less time playing outside, but a nice brisk walk or bike ride to school will help achieve their recommended 60 minutes of moderate exercise every day. This will help prevent childhood obesity and supports healthy bones.

Walking and biking to school is also a great way for kids to get the physical activity needed for healthy minds. Kids who are more physically active have better academic performance. Studies are beginning to show that exposure to nature and free outdoor play can reduce stress and relieve ADHD symptoms. If that isn't enough to get you out of your car, think about the air quality around a school when dozens of parents sit in idling cars while their children jump out. Air pollution has contributed to childhood asthma rates doubling between 1980 and the mid-1990s. Asthma rates remain at historically high levels and cause 14 million missed school days every year. Walking and biking to school is healthy for kids, healthy for communities, and healthy for the planet.

