



GET HEALTHY

5+ fruits & veggies
less than 2 hours of screentime
1+ hour of exercise
5 2 1 PER DAY

SAFE ROUTES TO SCHOOL

Did you walk or bicycle to school when you were young? Very few kids in America do today. Now nationwide, only 13% of trips to school are made on foot or bicycle. It's part of a general trend towards children being more sedentary: They play outdoors less, watch TV more and spend more time in front of computers.

The **Activate Arlington: Get Healthy** educational program, funded by the Carol M. White Physical Education Program and the Arlington Public Schools supports the "**Safe Routes to School**" program. Activate Arlington's goal is to create a supportive culture of activity and good nutrition in our schools and throughout the community.

As in communities all across the U.S., our Safe Routes to School (SRS) program encourages children to walk to school again. Parents, school and town officials, and students work together to promote the fun and health benefits of walking and to ensure that the routes kids take to school are safe for them.

Please join Activate Arlington: Get Healthy and the Safe Routes to School program as we work to increase activity among young people, improve nutrition and move our community toward a culture of lifelong fitness and wellness!

For more information, please contact: John Hayes , Dallin School Coordinator

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The goals of the program are to...

- Make the trip to school an opportunity for daily exercise for kids
- Improve safety for kids on the way to school
- Reduce drop-off and pick-up traffic
- Reduce air pollution
- Promote community awareness

Besides, walking to school and enjoying the outdoors are fun for the whole family! If you would like to see children walking to school, the Safe Routes to Schools program can help by motivating kids and working with Town officials towards even safer school districts.

Through SRS we can...

- Enjoy fun walking events and activities
- Advocate for sidewalks and crosswalks along the routes to schools
- Provide safety training to kids
- Organize young children and parents in Walking School Bus groups
- Ensure safer streets and reduced traffic in school zones