



Walking and biking to school is 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 suggest that exposure to nature and free outdoor play can reduce stress.



## ABOUT SAFE ROUTES TO SCHOOL

The Safe Routes to School Program helps children choose human power to get to school. Through crossing guards, education, outreach, and infrastructure projects, we aim to make it safer for elementary and middle school students to walk, bike, and roll to school.

Learn more:

[AustinTexas.gov/SafeRoutes](https://AustinTexas.gov/SafeRoutes)

## ABOUT SAFE ROUTES COMMUNITY ENGAGEMENT

The Safe Routes to School Engagement Program works with school communities to get students and families excited about walking and biking to school. Whether you are a parent, teacher, school administrator, or a member of a community group, we can help you plan activities, provide resources, and share digital tools.

## CONTACT US

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# HEALTH BENEFITS OF WALKING AND BIKING



## STRESS REDUCTION

**A 20 minute walk does wonders!**



Just by walking 20 to 30 minutes a day you can feel less stress and improve your sleep quality.

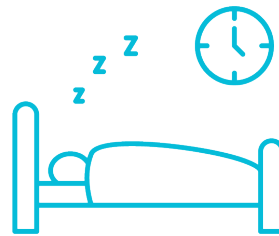


## OBESEITY AND MENTAL HEALTH

**What does walking and biking to school have to do with obesity, mental health, and asthma?**

Children who walk or bike to school spend more time being active, which helps them meet the recommended 60 minutes of daily physical activity. This level of activity helps prevent childhood obesity, supports healthy bones, increases heart and lung health, and boosts your mood!

**Better sleep!**



Being physically active promotes better sleep. Getting adequate sleep improves your mood and supports the immune system.

## IMPACTS OF NATURE

Scientists and researchers are finding that spending time in natural settings can lower stress and boost your mental health. Nature can make us feel better and improve our ability to think, remember, plan, create, and focus!



**Vitamin D**

Exposure to natural light helps reduce your stress and have a better night of sleep.

