

WALK, BIKE, AND ROLL FOR THE NEW YEAR!



STUDENTS

- Boost your grades by walking, biking, or rolling to school, along with other daily physical activity.
- Establish healthy active habits now and continue them throughout the year.

FAMILIES AND CAREGIVERS

- Help and encourage your child to walk to school as often as possible. Physical activity can contribute to better grades for your child.
- Walking, biking, and rolling to school helps kids work toward the recommended 60 minutes of physical activity per day.

