

WALK AND BIKE TO SCHOOL

PUT YOUR BEST FOOT FORWARD

WALKING TO SCHOOL COUNTS, IF YOU:

1. Walk or bike from home, OR,
2. Park and walk at least 3 blocks from school.



Parents sign up for a free Trip Scanner Card that students can use every day to earn prizes, special recognition, and participate in challenges through the year. (Registration form attached).



Every day you walk to school, look for a volunteer on campus to scan your card.

Every Two Feet Tuesday, a program table will be set up on campus to distribute charms to Kinder - 2nd grade participants, and issue new Trip Scanner Cards.



Q: What if I live too far away to walk from home?

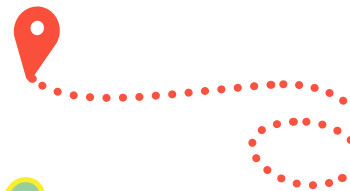
A: Have your parent or guardian park at least 3 blocks away from school, and walk the rest of the way! Riding bikes, skating and scooting are excellent options too!

Q: What if my parents or guardians can't walk with me, and don't want me to walk by myself?

A: Start a walking group with friends and neighbors.

Q: Can my mom or dad volunteer?

A: YES! Volunteers make the program happen.



NNTMA.ORG



Please Volunteer! Contact [Shilvana Hernandez](mailto:Shilvana.Hernandez@RegencyW2S@ntma.org) at RegencyW2S@ntma.org