

5-2-1-0 FEATURE:

September..... Get ready for Walk to School Day!



Here's how you can put 5-2-1-0 into action this month:

The 5-2-1-0 Feature is brought to you by:

WHY WALK?

1. Walking to school helps kids incorporate physical activity into their day – forming a healthy habit!
2. Walking to school teaches kids safe pedestrian skills and encourages the community to create walkable school zones and neighborhoods.
3. Walking to school builds a greater sense of community between students, families and school and city officials.

— via WalkBikeToSchool.org

TAKE IT A STEP FURTHER:

[Walk to School Day](#) (Oct. 2) is a great first step! If your school is looking to expand the one-day event into long-term efforts to promote safe walking to school every day, consider these resources:

WALKING SCHOOL BUS

This guide outlines possible program structures and offers success tips.

SAFE ROUTES TO SCHOOL

Learn more about Iowa's efforts to make it safe, easy and fun for children to walk and bike to school. Access resources and connect with local advocates.



Healthiest State
INITIATIVE



Healthy Choices Count!

Join the Healthiest State Annual Walk

Join Iowans statewide to walk for 30 minutes on October 2. This can be done in conjunction with Walk to School Day or a separate walk during the school day, in recess or P.E. class, or after school. #GetYourWalkOn2019

Register your walk: IowaHealthiestState.com/Walk



Share your 5-2-1-0 fun on social media:

#HealthyChoicesCount

FIND MORE 5-2-1-0 RESOURCES: www.iowahealthieststate.com/5210

