

Walking School Bus

Trends have shown that more and more children are at risk of becoming obese or overweight. The increased prevalence of sedentary lifestyles amongst youth is a large contributor to this public health crisis. Encourage youth in your community to walk to school under the supervision of an adult to get moving and stay healthy.

Invite families to walk – Reach out to parents and children who are interested. Advertise in schools and promote the health benefits of walking.

Pick a route – Find a route to the school that provides enough room to walk. Make sure it is a safe place for a group of people to walk at a steady pace. Test the route without the children first.

Schedule volunteers and coordinators – Coordinate how often the walks will take place and how many volunteers and coordinators will be involved. The CDC recommends one adult supervisor for every six children.

Resources –

[Safe Routes](#)

[Walking School Bus](#)

[Community Based Social Support for Physical Activity](#)

[Walking School Bus Toolkit](#)

MWC Success Stories —

Elsinboro Township implemented a walk to school program to encourage K-8 students to participate in international walk to school day. It promotes community engagement and healthy behaviors in the community. Furthermore, Elsinboro also has a “Bike to School with the Mayor” program where participants have their safety gear checked and are engaged with their Mayor while choosing a healthy alternative to being driven to school.



Mayors Wellness Campaign
Put your community in motion.