



Mayors Wellness Campaign
Put your community in motion.

Physical Health & Nutrition



WALKING SCHOOL BUS

SWITCH UP YOUR MORNING COMMUTE

- Studies have shown that more children are at risk of becoming obese or overweight.
- The increase of sedentary lifestyles among youth is a large contributor to this public health crisis.
- Providing community-based social **support** for physical activity increases knowledge of the importance of physical activity, and fitness among participants.
- Encourage youth in your community to form a “walking school bus” where children meet to walk to school under the supervision of local adults such as parents, police officers, or the mayor.

ACTION STEPS

Invite Families to Walk

- Reach out to identify parents and children who are interested in forming a “**walking school bus**”. Consider using this **guide** to help you get started.
- Advertise in schools and promote the health benefits of walking.

Pick a Route

- Working with local law enforcement and a few parents from each neighborhood, help each “bus” identify a route to the school that provides enough room to walk safely at a steady pace.
- Evaluate safe walking routes using resources offered by **Safe Routes**.
- Test the route without the children first to ensure safety.
- Once routes are set, draw maps to distribute to those who signed up to be part of their “walking school bus.”

FOLLOW THEIR LEAD!

Elsinboro Township implemented a walk to school program to encourage K-8 students to participate in International Walk to School Day to promote community engagement and exercise. 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.

Select Volunteers and Coordinators

- Decide 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.
- Identify a liaison within the school that will help coordinate the volunteer adults and help trouble-shoot any issues with walking safely.
- Celebrate! After a predetermined time, celebrate the different walking school buses at an all school assembly and encourage even more children and parents to join in the effort.



MORE RESOURCES

The CDC Guide to Strategies to Increase Physical Activity in the Community