



## WALK TO SCHOOL DAY WEBINAR

JOIN THE TENNESSEE WALK TO SCHOOL MOVEMENT!  
TENNESSEE DEPARTMENT OF TRANSPORTATION (TDOT)

*“By walking or biking to school, students, parents, teachers and administrators all across America are getting active, I know that by getting students moving, we can help ensure they will live full and healthy lives...” - First Lady Michelle Obama*

October 2011 is Walk to School Month in Tennessee!

Launched in 1995, the International Walk to School campaign originated in the United Kingdom. The program has achieved a meteoric rise with nearly four million people participating in approximately 40 countries. By 2010, more than 3,500 American schools from all 50 states participated in the Walk to School campaign. Schools participate for many benefits such as enhancing the health of individuals, reducing traffic jams, improving air quality, and to create safe routes for walkers and cyclists. As part of the Walk to School Movement, parents and community members will walk to school with students not only for physical activity, but also to experience the fun of walking along routes children could use every day.

Walking to school was common just a generation ago. In 1969, approximately 50% of children walked or bicycled to school, and today fewer than 15% of schoolchildren do. Walking and bicycling to school is a catalyst to get the community active and aims to bring forth a permanent change to encourage a more walkable Tennessee — one community at a time.

Parents and community members are invited to participate in this celebration of health and safety, and to learn more about joining the environmentally friendly movement. With the rising prices of gasoline and the percentage of overweight children in the United States growing at an alarming rate, now is the time to get out of the car, enjoy the fresh air, and walk with your children to school! Please join the millions in the movement for healthier children and healthier communities.

If you would like more information on establishing a Walk to School Day for your school or for other questions, please contact Diana Benedict at (615) 253-2421 or email Diana at [Diana.Benedict@tn.gov](mailto:Diana.Benedict@tn.gov).