

WALK & ROLL TO SCHOOL DAY

Walk & Roll to School Day will be celebrated this year around the country on October 8th. But. . . . our partners with Safe Kids Grand Forks have so many sites that want to be included that we celebrate most of that week.

If your school is interested in hosting a Walk & Roll to School Day event in early October, please reach out to Tina at 701.780.1856 or cesanders@altru.org.

If you have folks in your business or service group that would love to volunteer, we'd love to hear from you too!!



Walking is one of the simplest, most effective, and most affordable strategies for kids and adults to build physical activity into their lives. One mile of walking translates to $\frac{2}{3}$ of the recommended 60 minutes of physical activity each day.

The benefits of walking extend beyond health. Studies show that there are links between physical activity and academic achievement, proving that active kids do better.

For more details, visit:

<https://www.saferoutespartnership.org/>

or

<https://www.walkbiketoschool.org/>