

# Six Reasons to Walk and Roll to School

It's good for the environment



It helps you get to know your neighborhood



It prepares your mind for learning



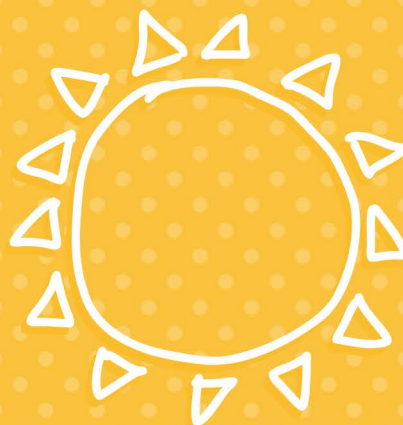
Moving your body feels nice



You can take a break from your screen



You'll get good Vitamin D



Have a great school year!



**SAFE  
ROUTES  
TO  
SCHOOL**

San Mateo County Office of Education

SRTS Digital Toolkit:

