

A lifetime of being active begins on the way to school!

Walking and bicycling to school are great ways to make physical activity part of the daily routine. Kids arrive ready to learn. More physical activity correlates to higher academic achievement, and it's a healthy habit for the whole family.



NJ Safe Routes to School

is a statewide initiative to enable and encourage students to safely walk and bicycle to school.

Why?

Walking and bicycling to and from school offer our children and environment a wide range of benefits including:

- Less roadway congestion
- Less gasoline consumption
- Cleaner air
- Healthier and happier children!!

We can help!

The NJ Safe Routes to School Resource Center helps schools and communities find solutions to create safer walking and bicycling environments for our children.

Use the online resources offered by the NJ Safe Routes to School Resource Center at www.saferoutesnj.org

- Visit our blog "Safe Routes Scoop."
- Get advice and assistance.
- View tools and resources.
- Help connect with your local Regional Coordinator for *free* technical assistance to kick off Safe Routes programs.

Goal

Get more students walking and bicycling where it is safe, and where it is not safe, make it safe to walk and bike to school.



NEW JERSEY
**SafeRoutes
to School**



www.saferoutesnj.org

Contact:

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