





# Benefits of Walking





## DID YOU KNOW?


 **25% of all car trips are less than one mile long.** This equals 16 billion miles per year of these short trips.


 **Cars emit greenhouse gasses like carbon dioxide** that cause air pollution and contribute to climate change. Air pollution can cause breathing problems, especially in children and adults who have asthma and other similar medical conditions.


 **A person walking to school or to the store emits virtually no carbon dioxide.** Walking uses renewable people-powered energy—you!!

 **Walking instead of driving also reduces noise pollution** and makes walking and biking more enjoyable for everyone. Neighborhoods are also quieter for people who live near busy streets.

 **Walking reduces traffic on our streets and roads** as well as at our schools. Less traffic means not only less pollution, but greater safety for walkers and bikers.

 **One study found that after walking for 20 minutes, children responded to test questions with greater accuracy** and had more brain activity than children who had been sitting. Children also completed learning tasks faster and more accurately following physical activity.

 **Walking one mile to and from school each day is two-thirds of the recommended sixty minutes of physical activity a day.**

 **While distance to school is the most commonly reported barrier to walking and bicycling,** private vehicles still account for half of school trips between 1/4 and 1/2 miles, a distance easily covered on foot or bike.