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## Fantastic Reasons to Walk & Ride

It's Fun • Less Pollution • It's Healthy • Less Traffic

# It's Healthy

"When I wake up, I'm tired, but when I walk, by the time I get to school I'm ready to go. I've got a lot more energy and I feel more athletic."

— Seventh Grader



**FACT: Physical Activity during childhood helps build and maintain healthy bones, muscles, and joints, control weight, build lean muscle, and reduce fat and is related to higher levels of self-esteem.**

— Centers for Disease Control and Prevention



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