

Frequent Walk • Roll Program



STEP ONE:

Walk or Roll
to or from school

STEP TWO:

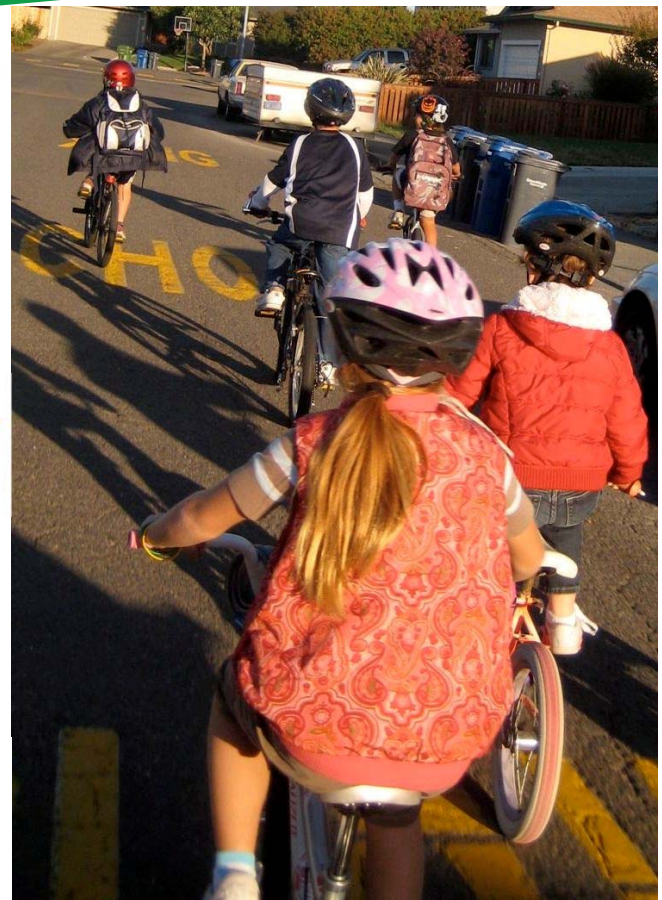
Mark ONE of the stars
for every day
you walk or roll
to or from school

STEP THREE:

Turn in completed card

STEP FOUR

Get a chance to WIN
prizes!



**Get healthy, have fun, reduce traffic,
and protect the environment!**



METROPOLITAN
TRANSPORTATION
COMMISSION



KAISER
PERMANENTE. thrive

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