

Safe Routes to School

2013-2014

School-wide Active Living Events

Easy, fun ways to promote health and wellness at your school!

October 9, 2013

Three events...one day! Dedicate October 9 to physical activity!

Contact your **Regional Safe Routes to School Liaison** for more information:

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International Walk to School Day

Be a part of this international movement!

Register your school at www.walkbiketoschool.org.

Ways to spur interest: Classroom competitions, theme days, serve a healthy snack afterward.

Healthiest State Walk

Help Iowa reach its goal to become the Healthiest State by 2016!

Find out more at www.iowahealthieststate.com.

Ways to spur interest: Play music, mix up your walk (crab walk, backwards, sideways).

Fall Fitness Day (or anytime between October 7-October 14)

Celebrate International Walk to School Day with Live Healthy Iowa by getting your students active.

Learn more at www.livehealthyiowakids.org.

Ways to spur interest: Your school could win money from Live Healthy Iowa!

January 27-April 4, 2014

Live Healthy Iowa Kid's 10 Week Wellness Challenge and Live Healthy Iowa 10 Week Wellness Challenge

Challenge students and staff alike to be physically active on a regular basis.

Registration will take place at these sites: www.livehealthyiowakids.org and www.livehealthyiowa.org.

Ways to spur interest: Form teams and compete! Teams can win some really awesome prizes!

May 2, 2014

Go the Distance Day

Show students how fun physical activity can be.

More information will be at www.livehealthyiowakids.org.

Ways to spur interest: Relay races, obstacle courses, nature hikes. Participation could earn your school money!

May 7, 2014

National Bike to School Day

Join schools across the country in celebrating the joys of riding a bike to school!

Get more details at www.walkbiketoschool.org.

Ways to spur interest: Encourage parents and staff to join in. Have students decorate their bikes, helmets, outfits.

