

NEWS RELEASE

**For Immediate
Release**
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Children around the globe walk toward a lifetime of healthy habits

International Walk to School Day October 5, 2011

Brevard County, FL – On Wednesday, October 5, 2011 school children from all 50 states joined thousands across the world who are making the commitment to lead healthier lifestyles by walking or bicycling to school on International Walk to School Day.

There is encouraging evidence that more and more schools are holding Walk to School Day events as catalysts to getting kids up and active all year long. In fact, this year 38 schools in Brevard County participated. This is the largest number of schools ever reported as participating in Walk to School Day events.

Walking and bicycling to school can benefit children in a variety of ways. A number of parents and teachers have commented that children arrive more alert and ready for the day when they walk to school. Public health officials have pointed to physical activity and safe places to walk and bicycle as factors in curbing the obesity epidemic among America's youth.

In addition to physical activity, Walk to School programs emphasize the importance of other issues such as pedestrian safety, traffic congestion surrounding schools and concern for the environment.

It is an energizing event, reminding everyone of the simple joy of walking to school, the health benefits of regular daily activity and the need for safe places to walk and bike. The idea is to walk to school together with a purpose – to promote health, safety, physical activity, a sense of community and concern for the environment.

The 2011 event marks the 14th International Walk to School Day. The event began in the U.S. with one school in Chicago in 1997 and has grown to more than 5,000 schools in the U.S. Worldwide. Walkers in the US will join children and adults in 40 countries around the world.

Brevard's Walk to School events are conducted as part of Safe Routes to School programs – sustained, community efforts to improve the health and well-being of children by making walking and bicycling to school safer, easier and more enjoyable.

Established in May 2006, with funding from the Federal Highway Administration, the National Center for Safe Routes to School assists communities in enabling and

encouraging children to safely walk and bicycle to school. The Center strives to equip Safe Routes to School programs with the knowledge and technical information to implement safe and successful strategies. The Center serves as the coordinating agency for Walk to School activities in the U.S.

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Participating Brevard Schools

School	City	Date
Roy Allen Elementary	Melbourne	October 5,2011
Apollo Elementary	Titusville	October 5,2011
Atlantis Elementary	Titusville	October 5,2011
Audubon Elementary	Merritt Island	October 5,2011
Cambridge Elementary	Cocoa	October 5,2011
Cape View Elementary	Cape Canaveral	October 5,2011
Clearlake Middle	Cocoa	October 5,2011
Columbia Elementary	Palm Bay	October 5,2011
Coquina Elementary	Titusville	October 5,2011
Croton Elementary	Melbourne	October 5,2011
Discovery Elementary	Palm Bay	October 5,2011
Endeavor Elementary**	Cocoa	October 5,2011
Enterprise Elementary	Cocoa	October 5,2011
Fairglen Elementary	Cocoa	October 5,2011
Gemini Elementary	Melbourne Beach	October 5,2011
Golfview Elementary**	Rockledge	October 5,2011
Harbor City Elementary	Melbourne	October 5,2011
Holland Elementary	Satellite Beach	October 5,2011
Imperial Estates Elementary	Titusville	October 5,2011
Indialantic Elementary	Indialantic	October 5,2011
Lewis Carroll Elementary	Merritt Island	October 5,2011
Jupiter Elementary	Palm Bay	October 5,2011
Longleaf Elementary	Melbourne	October 5,2011
Manatee Elementary	Viera	October 5,2011
McAuliffe Elementary	Palm Bay	October 5,2011
Oak Park Elementary	Titusville	October 5,2011
Ocean Breeze Elementary	Indian Harbor Bch	October 5,2011
Odyssey Charter	Palm Bay	October 5,2011
Palm Bay Elementary	Palm Bay	October 5,2011
Port Malabar Elementary	Palm Bay	October 5,2011
Quest Elementary	Viera	October 5,2011
Riviera Elementary	Palm Bay	October 5, 2011
Roosevelt Elementary	Cocoa Beach	October 5,2011
Sabal Elementary	Melbourne	October 5,2011
Sea Park Elementary	Satellite Beach	October 14,2011
Suntree Elementary	Melbourne	October 5,2011
Turner Elementary	Palm Bay	October 5,2011
Westside Elementary	Palm Bay	October 5,2011

** This is the sixth year that Safe Kids Brevard has sponsored activities for International Walk to School Day as part of the Safe Kids Walk This Way program. Some of the activities this year include Safe Kids Walk This Way walks to be held at Golfview Elementary in Rockledge and Endeavor Elementary in Cocoa

About International Walk to School Day

- Walk to School Day was established in the United States in 1997 by the *Partnership for a Walkable America*. Canada and Great Britain already had walk to school programs in place. In 2000, these three countries joined together to create International Walk to School Day.
- In May 2006, the National Center for Safe Routes to School was established to assist communities in enabling and encouraging children to safely walk and bike to school.
- The National Center for Safe Routes to School serves as the national coordinating agency for Walk to School activities in the U.S.
- Today, more than 5,000 schools in the U.S. participate in International Walk to School Day. Nearly 4 million people participate in 42 countries as part of International Walk to School.
- Walk to School Day began as a simple idea – children and parents, school and local officials walking to school together on a designated day. Schools focus on health, safety, physical activity, sense of community and concern for the environment.
- Organizations supporting International Walk to School Day in the U.S. include America Walks, the Centers for Disease Control and Prevention, the U.S. Environmental Protection Agency, the Federal Highway Administration, the Institute of Transportation Engineers, the National Center for Bicycling and Walking, the National Center for Safe Routes to School, the National Highway Traffic Safety Administration, Safe Kids Worldwide, and the Safe Routes to School National Partnership.

