



UMRHN

UPPER MIDLANDS RURAL HEALTH NETWORK

October 2015 | Walk to School Month

Carolina, October 7th is International Walk To School Day!

Why Walk To School?



Maintain Body Weight And
Decreases Risk Of Obesity



Reduces Risk of Breast Cancer,
Colon Cancer, and Osteoporosis



Increases Mental
Well Being



Increases Heart Health



Builds A Better Relationship
With Your Children



Decreases Risk Of
Type 2 Diabetes

Make Walking To School Fun



Friendship Building



Have Conversations

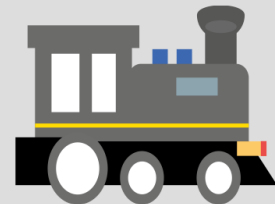


Tell Jokes



Walk With Neighbors

What If You Don't Have Time?



Walking Trains:

At Least Two Trusted
Neighborhood Guardians
Can Lead The Neighbor's
Children To Walk To School



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