Make Trax and Walking and Rolling to School

Make Trax is a research project to increase walking and rolling to school when the distance is reasonable and the route is safe. Use this worksheet to identify the benefits of a physically active commute to school.

You
- ➔ Collect information about walking to school.
- ➔ Figure out ways to increase walking.
- ➔ Share your ideas.

And answer questions about
- ➔ Student travel to and from your school.
- ➔ Benefits of walkable communities.
- ➔ Non-motorized transportation and planning.

The Internet is used throughout your project.

1. What is a carbon footprint? C*heck out www.epa.gov for more information, a calculator, and ways to reduce yours.*

2. What can you do to decrease your carbon footprint?

3. Why is physical fitness important? *Go to www.fitness.gov/be-active/ for help with the next questions.*

4. What can you do to increase your physical fitness?

5. What is a "walkable" community? *Go to www.janeswalk.org/information/resources/walkability for help!*

6. Why is it beneficial to live in a walkable community?

7. How walkable do you think your community is? Circle one answer:

I can walk everywhere I can walk many places I can walk a few places I can't walk anywhere safely