Monthly Motivator: April
Time to dust off your walking shoes and bikes!

Iowa Safe Routes to School invites you learn the health benefits of walking.

- Walking and exercising can boost moods and reduce anxiety, in as little as 10 minutes.
- A short walk can increase productivity as your brain gets reactivated and more creative.
- While you're out, consider picking up some trash in the neighborhood or do a good deed in honor of Earth Day!
- Don't forget to get your bike ready for Bike to School Day in May!

Reasons to Get Moving in April!

National Walking Day - 7th
Earth Day - 22th
International Book Day- 23th
Get ready for- BIKE TO SCHOOL DAY - May 5th

IOWA BICYCLE COALITION
INRCOG Iowa Northland Regional Council of Governments
SAFE ROUTES TO SCHOOL IOWA
upper explorerland regional planning commission