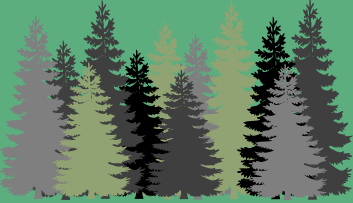


Monthly Motivator: December



December is here! Happy Holidays from Iowa Safe Routes to School. With temperatures dipping and the sun setting sooner, you can still encourage kids to walk or bike to school. You just have to prepare a little differently now. Below are a couple of tips to help you keep walking or biking all winter long.

- **Bundle up!** The days of shorts and flip-flops are gone. It's time to get out the jackets, gloves, mittens, scarfs, snow boots, and warm socks.
- **Be seen be safer!** Some kids staying later after school may be walking during low visibility. When possible, walk on the sidewalk and avoid dark clothing. Also consider wearing something that is reflective, high visibility, or choose a different route that has street lights.



HAPPY HOLIDAYS!

Take time for a walk with
friends and family.

