

# Monthly Motivator: July



Iowa Safe Routes to School invites you to be active during the month of July.

July is here and so are baseball games, farmer's markets, outdoor concerts, picnics, trips to the park, library, and FIREWORKS on Fourth of July Weekend! We encourage YOU to ride or walk to your favorite local event. Walking and biking are great ways to get around and you usually get upfront parking.



When you are walking or riding to these places and events make sure you wear sunscreen, and drink water. If riding bike make sure to wear a helmet and bring a bike lock.



## Reasons to Get Moving in July!

Park and Recreation Month  
Independence Day - 4th

