



## Vilas County Public Health Department

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### FOR IMMEDIATE RELEASE

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### CELEBRATE BIKE AND WALK TO SCHOOL DAY

May 4, 2016

Mark your calendars— May 4, 2016 is Bike and Walk to School Day. It's a global event that involves communities from more than 40 countries biking or walking to school on the same day! This year, Northwoods LEAN (Linking Education, Activity and Nutrition) is taking action right here in Oneida and Vilas Counties. Northwoods LEAN has partnered with area schools to help celebrate the day by offering schools a chance to win \$500 by participating in the 100 Mile Challenge.

On the morning of May 4, students are encouraged to bike or walk to school and earn their school 1 mile towards their 100 Mile Challenge. If it is not possible for your child to bike or walk to school they may still earn miles by completing 20 minutes of walking or running throughout the school day. Schools that accumulate 100 miles or more will be entered into a drawing to win one of two \$500 incentives for their school.

Biking or walking to school has many benefits for students – it's a great form of exercise, improves joint health, reduces the risk of diabetes, and allows for better academic performance – all of which contribute to the developmental health of children! Biking or walking to school is also better for the environment, and it helps kids learn about safety in the street and how to navigate traffic.

So spread the word! Gather your friends, family, and classmates and be sure to start the day right by walking or biking to school on May 4, 2016. For more information on Bike and Walk to School Day or the 100 Mile Challenge, please contact Maria Otterholt at 715-369-6110.

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