

A lifetime of being active begins on the way to school!

Walking and bicycling are great ways to make physical activity part of the daily routine. Kids who walk and bike to school arrive ready to learn. More physical activity correlates to higher academic achievement, and it's a healthy habit for the entire family.



NJ Safe Routes

is a statewide initiative to enable and encourage students and families to safely walk and bicycle to school and around their community.

Why?

Walking and bicycling to and from school and around the community offer our children and environment a wide range of benefits including:

- Less roadway congestion
- Less gasoline consumption
- Cleaner air
- Healthier and happier families!!

We can help!

The NJ Safe Routes Resource Center helps schools and communities find solutions to create safer walking and bicycling environments.

Use the online resources offered by the NJ Safe Routes Resource Center at saferoutesnj.org

- Get advice and assistance.
- View tools and resources.
- Help connect with your local Regional Coordinator for *free* technical assistance to kick off Safe Routes programs.

Goal

Get more students and families walking and bicycling where it is safe, and where it is not safe, make it safe to walk and bike.



NEW JERSEY
Safe Routes

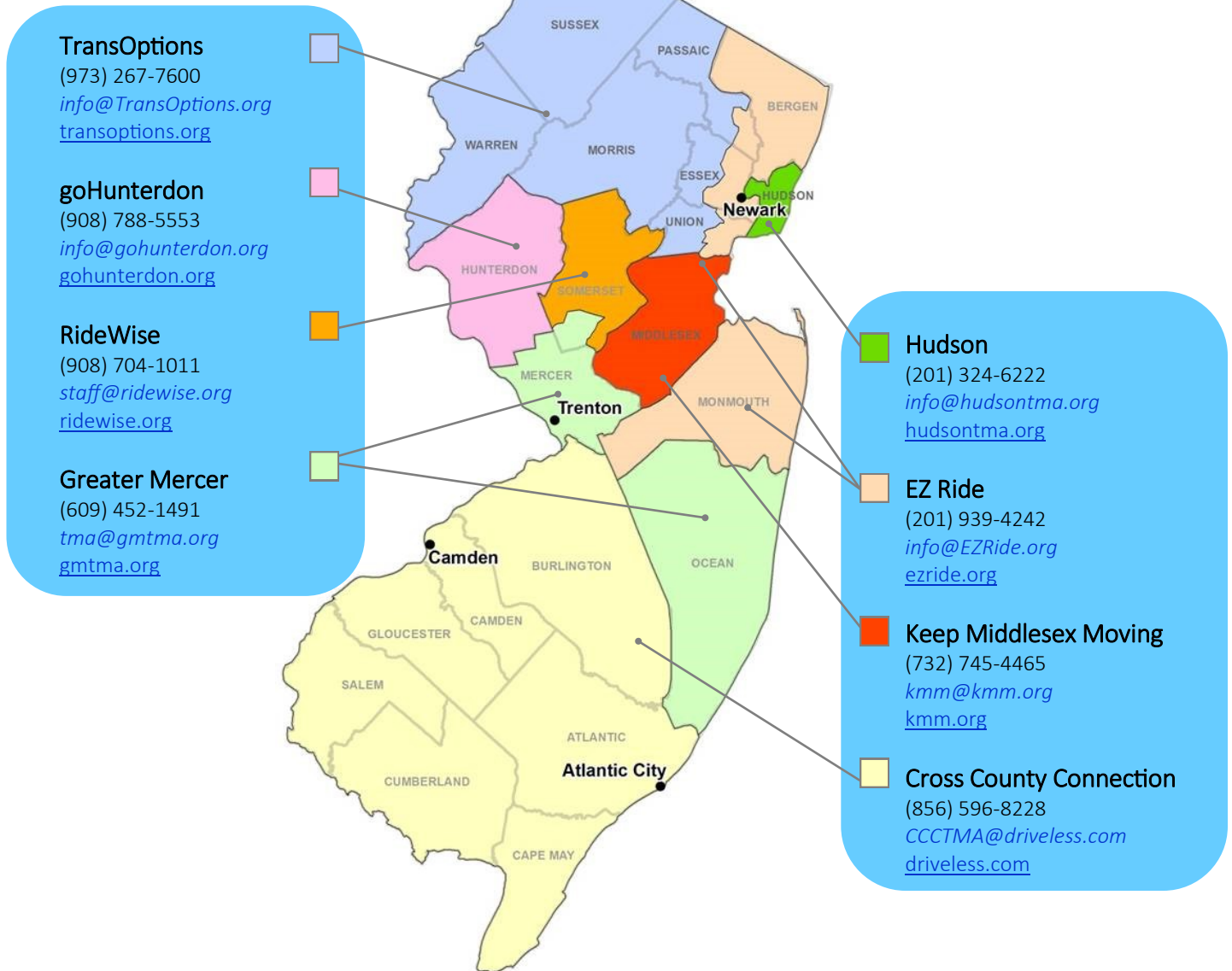


saferoutesnj.org

Contact:

NJ Safe Routes Resource Center
srts@ejb.rutgers.edu
(848) 932-7901

Find Your Safe Routes Regional Coordinator



Safe Routes Regional Coordinators offer **free** assistance with:

- Walk and bike events
- Bicycle and pedestrian safety education
- School travel plans
- Travel mode tallies to understand how students are getting to school
- Other innovative programs and projects to support safer walking and bicycling.

In partnership with New Jersey's Safe Routes Resource Center, Safe Routes Regional Coordinators at the state's eight Transportation Management Associations are ready and willing to offer **free** advice and assistance in getting Safe Routes programs off the ground in schools and communities throughout all 21 counties in New Jersey.

Contact the Safe Routes Regional Coordinator in your area and get started!

