



Posted: Tuesday, October 7, 2014 4:39 pm

Muskogee students encouraged to walk

Students from across Muskogee are encouraged to walk to school Wednesday morning.

Whittier Elementary will experiment with a "Walking School Bus," in which students, parents and faculty will walk together as a group. The group will meet at Spaulding Park and walk about six blocks to the school.

Mayor Bob Coburn is expected to join Whittier students on their walk.

Irvin and Tony Goetz Elementary students also are encouraged to walk to school Wednesday.

Other area schools, including Pershing and Harris-Jobe Elementary schools and Ben Franklin Science Academy plan to have students walk at their school sites.

Coburn said parents have an important role in teaching children about walking safely and being physically active.

"There are many people with chronic conditions such as heart disease, hypertension, diabetes and obesity, all related to sedentary lifestyles," Coburn said. "The City of Muskogee is a Certified Healthy Community, and a big part of that means creating a place where it's easier for residents to be active."

Walk to School Day is being organized by the Muskogee County Food and Fitness Initiative, a project of Muskogee County Turning Point, Action in Muskogee and Muskogee Public Schools.

Event organizer Doug Walton said the events "raise awareness of the need for safe routes to walk and bicycle throughout the community, and how these efforts can really improve the quality of life for everyone involved."

"These events help build connections between families, schools and neighborhoods," Walton said.