



Posted: Tuesday, October 8, 2013 12:28 am

Walk to School Day activities planned

Muskogee-area schools will join thousands from across the country to celebrate Walk to School Day on Wednesday, a media release states.

Muskogee Mayor Bob Coburn will proclaim Wednesday as Walk to School Day in Muskogee in honor of this international event.

The event is organized by Action in Muskogee (AIM), the City of Muskogee Wellness Initiative and Muskogee County Turning Point a coalition working to make healthy choices easier choices for Muskogee county residents.

The mayor encourages parents, caregivers, teachers and community leaders to act as positive role models to help students develop healthier habits, such as walking to school, work and for short errands, whenever safety permits.

Participating school sites will distribute special commemorate stickers, pencils and other prizes to students who take part.

In celebration, Coburn will lead a walk with students around the school at Irving Elementary.

"As leaders and parents in our community, we have an obligation to model healthy behaviors so that our children can see it for themselves and know that we're in it for them," he said.

Walk to School Day events raise awareness of the need to create safer routes for walking and bicycling while emphasizing the importance of issues such as pedestrian safety, increasing physical activity among children, traffic congestion and concern for the environment. The event helps build connections between families, schools and the broader community.

"Walk to School Day presents a great opportunity for children and families in our area to get outside and move together," said Doug Walton, the food and fitness coordinator with Muskogee County Turning Point. "It's a fun way for kids to get physical activity with family and friends, all while showing community and school spirit."

Information: Doug Walton, (918) 683-0321 or (918) 360-2012.

Learn More:

- Muskogee Wellness Initiative: www.muskogeewellness.org
- Walk to School Day in the USA: www.walkbiketoschool.org
- National Center for Safe Routes to School: www.saferoutesinfo.org