



Fast Facts

Why It's a Great Idea to Ride Your Bike or Walk to School

Reduces Pollution

- Driving to school and back releases, on average, enough carbon dioxide to fill over 60 balloons! Other nasty pollutants include carbon monoxide, nitrous oxides and particulates.
- At 8:50am, 1 in 5 cars on the road is on the school run, and three fourths of cars taking children to school return straight back home again.
- Cars produce the most pollution when driven short distances, with a cold engine, in stop and start conditions.
- Driving half a mile to school in a small car puts over 600* pounds of carbon into the air yearly.
- Driving a mile to school in a medium-size car creates 1,548* pounds of carbon pollution yearly.
- Driving 3 miles to school in a large car creates 3,961* pounds of carbon pollution yearly.
- Transportation accounts for 29 percent of U.S. greenhouse gas emissions.

Improves Health

- Walking half a mile to school burns 45 calories. That's 8,100* calories yearly.
- Bicycling half a mile to school burns 26 calories. That's 4,680* calories yearly.
- Walking a mile to school burns 90 calories or over 16,200* calories yearly.
- Bicycling a mile to school burns 52 calories and over 9,360* calories yearly.
- Walking 3 miles to school burns 270 calories or 48,600* calories yearly.
- Bicycling 3 miles a day burns 156 calories and 28,080* calories yearly.
- In order to lose 1 pound of body fat, 3500 calories must be burned.
- A 50-lb. child burns 32 calories in 30 minutes of easy walking, 50 calories in 30 minutes of moderate walking and 58 calories in 30 minutes of vigorous walking. A 70-lb. child burns 44, 69 and 82 calories, respectively in the same half-hour exercise sessions.
- Walking at a moderate pace for 30-60 minutes burns stored fat and can build muscle to speed up metabolisms. Walking an hour a day is also associated with cutting the risk of heart disease, breast cancer, colon cancer, diabetes and stroke.

Saves Money

- Driving half a mile to school in a small car uses 30* gallons of gas a year, which costs \$90 if gas is \$3 a gallon.
- Driving a medium-size car 1 mile to school uses 67* gallons of gas a year, which costs \$201 if gas is \$3 a gallon.

* Based on 180 school days.

Sources: Ohio Department of Health Report on the Body Mass Index of Ohio's Third Graders 2004–2010, U.S. Environmental Protection Agency, inventory of greenhouse Gas Emissions and Sinks 1990-2007 (April '09), U.S Department of Transportation, About.com Walking, www.walktoschool.co.uk, www.ncsu.edu/healthystate, www.livestrong.com,