It is important for the health and wellness of DPS students to be active this summer!

A great way to stay active over the school break is the use of Active Transportation.

What is Active Transportation?
Active Transportation is any self-propelled, human-powered mode of transportation, such as walking or bicycling. (CDC.gov)

How you and your student can use Active Transportation this summer to stay active

• **Walk, bike, or scooter to the park.** Denver has more than 5,000 acres of parks and parkways! Use Active Transportation to visit a park near you.
• **Take evening walks.** Get in the habit of taking a family walk after dinner. This is a great way to get some exercise while spending time with your family!
• **Walk, bike, or scooter to the library or recreation center.** There are 26 libraries and 30 recreation centers in Denver. Find the one nearest you! Libraries offer more than just books. Visit denverlibrary.org to learn more about services and programs at your neighborhood library branch.
• **Teach your student how to read a map.** Reading maps is an important skill. Show your child how to plan a trip using a map and then walk the route together. This is fun and educational!
• **Explore Denver bike trails.** Denver offers a great network of bike and hike trails. To find the one nearest you, visit denvergov.org/content/denvergov/en/bicycling-in-denver/infrastructure/bike-trails.html
• **Make step goals.** Make daily or weekly goals for your student and encourage them to track their activity. How many miles do you think they can walk each day?

Share Your Success!
The CommuteDPS team would like to hear about your Active Transportation summer success! Send pictures and stories to commutedps@dpsk12.org. With your permission, we may share these pictures and stories on our social media and webpage. Celebrate your student's healthy success!

Additional Resources

• CommuteDPS website – transportation.dpsk12.org/commutedps
• Denver Community Active Living Coalition – denvercalc.org
• Trips for Kids Denver Metro – tripsforkidsdenver.org
• Safe Routes to School – saferoutespartnership.org
• CDOT Safe Routes to School Grants - https://www.codot.gov/programs/bikeped/safe-routes

CommuteDPS - Summer Health & Wellness
A DPS Transportation Services Program