

# C-U SRTS PROJECT IS...

a community based organization, with representatives from CU Mass Transit District, Urbana and Champaign city engineers, school administrators, law enforcement, health professionals, bike clubs and more.

The Center for Disease Control and Prevention (CDC) aims to increase the number of children walking to school from 36 percent to 50 percent by 2010.

Evidence shows participation in Safe Routes To School programs, including Walk and Bike to School day, can increase the number of children who get to school by active transportation.

Some activities we offer to encourage walking and biking include:

- Bike rodeos (obstacle course)
- Walk and Bike to School day
- Presentations on pedestrian and bike safety
- Participation in wellness fairs and open houses
- And more

# SafeRoutes

National Center for Safe Routes to School



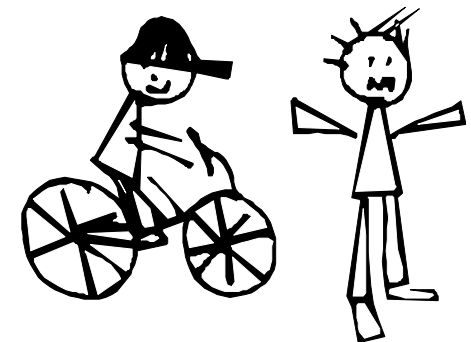
C-U SRTS Project  
2101 Scottsdale Dr  
Champaign, IL 61822  
[www.cu-srtsproject.com](http://www.cu-srtsproject.com)

Rose Hudson  
217-398-4206  
[Hudsonx4@aol.com](mailto:Hudsonx4@aol.com)  
FAX: 217-398-4552

Cynthia Hoyle  
217-278-9059  
[choyle@cumtd.com](mailto:choyle@cumtd.com)

# C-U SAFE ROUTES TO SCHOOL PROJECT

For the Health of It



**C-U SRTS PROJECT**

# PROBLEM

We are facing an obesity epidemic across the nation and here in Illinois. In a recent Illinois survey, almost 40 percent of eight year olds surveyed were already overweight, according to the Illinois Department of Public Health.

Over the past 30 years, the percentage of overweight children aged 6 to 11 years has more than doubled, leading to more childhood cases of type two diabetes and high blood pressure.

Overweight children are more likely to become obese adults, which can increase risk for

- Heart disease
- High-blood pressure
- Stroke
- Diabetes
- Some types of cancer, and
- Gall bladder disease.



# PARENTS CAN HELP...

To help your child maintain a healthy weight, balance the calories your child consumes from foods and beverages with the calories your child uses through physical activity and normal growth.

## Help Your Kids Develop Healthy Eating Habits

- Provide plenty of vegetables, fruits, and whole grain products
- Include low fat or non-fat milk or dairy products
- Choose lean meats and beans for protein
- Serve reasonably sized portions for everyone
- Encourage your family to drink lots of water
- Limit sugar sweetened beverages
- Limit consumption of sugar and saturated fat

Looks for ways to make your favorite dishes healthier at:

*FruitsandVeggiesMatter.gov.*



# GET ACTIVE

Potential benefits of at least 60 minutes of physical activity daily include

- building and maintaining healthy bones, muscles, and joints,
- improved academic performance,
- helping to control weight, build lean muscle, and reduce fat,
- improving sense of self image and autonomy, and
- fostering healthy social and emotional development.

## Help Your Kids Stay Active

- Set a positive example by leading an active lifestyle
- Offer positive reinforcement for physical activities
- Make physical activity fun by playing with your children
- Ensure the activity is age appropriate and to ensure safety, provide protective equipment such as helmets, wrist pads, and knee pads
- Limit the time your children watch television or play video games to no more than two hours per day