

C-U SRTS PROJECT IS...

Champaign-Urbana SRTS Project is a community based organization with representatives from the CU Mass Transit District, Champaign County Regional Planning Commission, Urbana and Champaign engineering and law enforcement, Urbana and Champaign School Districts, local health agencies, and community advocates.

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
- Bicycling and walking incentive programs
- Presentations on pedestrian and bike safety
- Participation in wellness fairs and open houses



CONTACT US!



WWW.CU-SRTSPROJECT.COM

C-U Safe Routes to
School Project

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SafeRoutes

National Center for Safe Routes to School



MTD

Champaign-Urbana Mass Transit District

C-U SAFE ROUTES TO SCHOOL PROJECT



PROBLEM

According to Data Resource Center for Child and Adolescent Health Nearly 35 percent of children ages 10-17 and 30 percent of low-income children ages 2-5 are overweight or obese in Illinois

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 who suffer from:

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



PARENTS CAN HELP...

- 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 like soda
- Limit consumption of sugar and saturated fat

Looks for ways to make your favorite dishes healthier at:

<http://www.choosemyplate.gov/>



GET ACTIVE

Benefits of 60 minutes of physical activity every day 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.
- Fostering healthy social and emotional development.

Help Your Kids Be Active!

- Set a positive example when you set aside time for exercise.
- Reinforce healthy behavior by setting up a system of rewards.
- Play with your children.
- Keep your kids safe by providing protective equipment such as helmets, wrist pads, and knee pads.
- Limit TV and video game time to no more than two hours per day.

