

Students to participate in Nevada Moves Day

Schoolchildren across Nevada will be traveling to school by foot and bicycle on April 28 as part of the first Nevada Moves Day.

The statewide event was proclaimed by Gov. Jim Gibbons, with walking and bicycling to school events planned across Nevada.

More than 32 schools will participate in Nevada Moves Day in seven counties across Nevada. Nevada Moves Day events will take place in Douglas County, Washoe County, Clark County, Carson City, Lincoln County and Nye County.

“Physical activity at an early age, such as walking or bicycling to school, helps reduce heart disease, diabetes and other obesity-related diseases,” NDOT State Safe Routes to School Coordinator Rebecca Kapuler said in press release. “Plus, walking or biking to school can help reduce the up to 25 percent of morning rush hour traffic that involves children being dropped off at school.”

Other benefits of Nevada Moves Day include teaching safe walking and bicycling skills to children, discussing concerns for the environment, reducing traffic-related congestion and air pollution near schools, and connecting families, schools and community leaders.