



North Natomas

Transportation Management Association

H. Allen
Hight

Walking Wednesdays NEWS

March is Fitness Month

Bicycle Trips for Two!



Third grader, and Walking Wednesday participant, Deric Natuel says, "The best part about biking to school, is that I get to do it with my dad... a Navy veteran who served in Iraq."

Interestingly, the proud son's parents were born and raised in the Philippines, where they recently traveled to visit

grandparents and other relatives. Deric was raised here and he speaks both fluent Filipino and fluent English! Maybe he can teach you how to say "hello" in a new language?

Working and playing on the computer at school are at the top of Deric's list, which could come in handy for his dream of becoming an engineer of aircraft "and other interesting stuff." When he's not playing Minecraft or Legos, he is learning martial arts or helping his mom with his baby brother. On his bookshelf, you will find Fast and Furious. "It's the coolest book I have," he says.

Spotlighting 50 Bikes for 50 Kids



We want to give our biggest round of applause to this year's selected bike recipients for our 50 Bikes for 50 Kids event! Bike recipients received (and helped build) a new bike and were nominated by local community members based upon a demonstration of merit-based characteristics. These qualities included trustworthiness, respect, responsibility, fairness,

caring and citizenship.

For those of you who may not have heard of the event, hundreds of community volunteers joined forces in North Natomas on Martin Luther King Jr. Day (also the National Day of Service) on Jan. 20th to help 50 chosen students transform bike parts into their very own ready-to-ride bicycles. Congratulations to H. Allen Hight students, Neemo Pabalan, Madison Huerta, Annelise Garcia, and Elijah Hogan! Be sure to give them a high-five next time you see them!

Bike Rebates Are Back



Time is money, and that is especially true for NNTMA's Bike Rebate program which offers a rebate up to 40% of the purchase price for a new bicycle

or bicycling gear, for a maximum amount of \$250 for bikes or \$50 for accessories.

This is a first-come first-serve offering, the sooner you apply, the greater your chances are of receiving a rebate. Rebates will only be issued on bikes purchased at local bike shops and your last day to submit a request for a rebate is April 15th. So, get your written quote from a bike shop today to include with your application. For all the important details and to get the application, go to NNTMA.org, and good luck!



UPCOMING EVENTS:

Every Wednesday, rain or shine -
Walking Wednesdays

March 9th - 7th - Dr. Seuss Read
Across America

2nd week of March - Boot Buck Store

March 28th - Movie Night

March 29th - NUSD Health & Wellness
Expo, 9am-2pm, S. Natomas Community
Center



Walk Your Body to Rock Your Body! (Part 2)

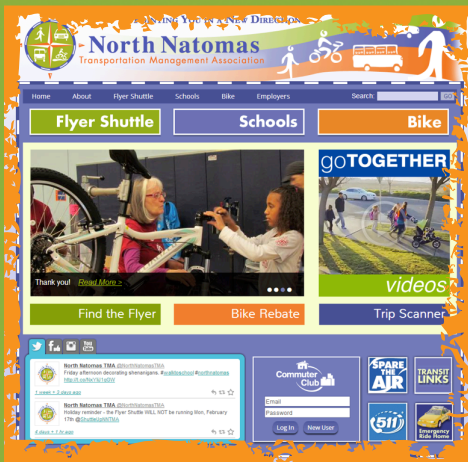
While this may come as no surprise, a daily brisk walk helps you live a healthier life. In the second part of this three part series, we give you a little more insight as to how walking to school can improve your body and fitness.

1. Pace, distance and frequency all matter. The faster, farther and more frequently you walk, the greater the benefits.
2. Fact: physical fitness goes hand-in-hand with mental health and well-being. It also fights against anxiety and stress. Walking makes you feel better inside AND out!
3. Walking increases our leg muscles, the biggest muscles in our body. Building these muscles can lead to a more toned body as increased muscle mass burns fat.
4. Because walking is a weight-bearing activity, it improves your bone density.
5. Regular walking can reduce the risk of coronary disease, diabetes, stroke, high blood pressure, cancer and arthritis. So, grab your mom, dad or friend and take a walk!

All Trip Scanner participants will receive a special fitness pin if they participate every program day in March!



We're Stepping Up Online



We are excited to announce our web makeover at NNTMA.org! All of the useful information that you found on our site before the makeover still exists, only now we've given it a new look and added some cool new features like our #goTOGETHER video series. In our

latest Walk to School video, we highlight people that make the program happen: staff, volunteers and students. You will probably recognize a face or two and we are proud to say they are just as gung-ho about leaving the car at home as we are! Warning! This video exudes an extremely high quotient of the warm-fuzzies and will probably make you smile or do a heart sign with your thumbs and index fingers. Not sure what we're talking about? Watch the video until the very end and you will.

Are You an Idle-Free Family?



Attention drivers! Do you pick up or drop off kids from school, sports or after-school activities? Did you know that car exhaust is the leading source of pollution in the area? Help us

help our community and our children breathe easier by taking the idle-free pledge. All you have to do is promise to turn off your car's engine if you plan to be stopped for more than 30 seconds. By taking this oath, you are helping to reduce asthma flare-ups and simultaneously improving lung capacity by reducing pollutants from car exhaust. With all of this new-found knowledge, heck you might even decide to be idle-free in other places like the post office or the driveway. Just turn the key to be idle-free! Oh, and don't worry about saving gas or hurting your engine. Those are myths!

Unscramble each of the clue words. Then solve the mystery phrase by copying the numbered letters into the yellow boxes.

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RIABOWN	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	21	9	3				
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