



# North Natomas

Transportation Management Association

**Natomas Park**

## Walking Wednesdays NEWS



### Home (Far) Away From Home



Thailand is home to swaying palm trees, white sand beaches and warm, tropical waters. It is also the original home of Walk to School volunteer, Rasamee, who moved to Sacramento 12 years ago. She has two boys, Mason and Nicholas, who both attend NUSD. Rasamee comes from a big family with four brothers and five sisters. Yes, that's a total

of 10! Moving here has given her many opportunities, she says, such as learning about people and helping her family and friends. When she's not throwing the baseball with her two sons, she is doing downward dog in yoga class, gardening or reading. Books, she says, "have a lot of knowledge." Her favorite is The Voice of Hope.

Even though she and her relatives are 7,942 miles apart, their family took a long trip last summer to her home country and plan to do it again this year. Her biggest goals in life are to care for her family and to do something good that people will remember. Volunteering with Walking Wednesdays is something the kids will remember!

### Spotlighting 50 Bikes for 50 Kids



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 Natomas Park Elementary recipients Hernan Reynoso, Denisse Andrade, Manuel Davis, Samantha Still, Tiffany Chan, Sierra Garrett, Gerardo Reyes, Shifa Ahmad, Dakota Bishop and Adoreil Ayoubgoulam! Be sure to give them a high-five next time you see them!

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,

March is Fitness Month

### 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](http://NNTMA.org), and good luck!



### UPCOMING EVENTS:

Every Wednesday, rain or shine -  
Walking Wednesdays

March 5th - PTA Meeting

2nd week of March - Boot Buck  
Store

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

April 4th - PTA Meeting

In Partnership With NUSD  
Safe Routes To School

**Natomas**  
Unified School District  
a safe route to school is a healthy route

Walk and Bike To School program sponsored by the North Natomas TMA, a nonprofit organization with the mission to foster transportation behaviors that benefit the community through advocacy, programs, education and services. Contact [Melissa@nntma.org](mailto:Melissa@nntma.org) - 419-9955





### 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](http://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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