

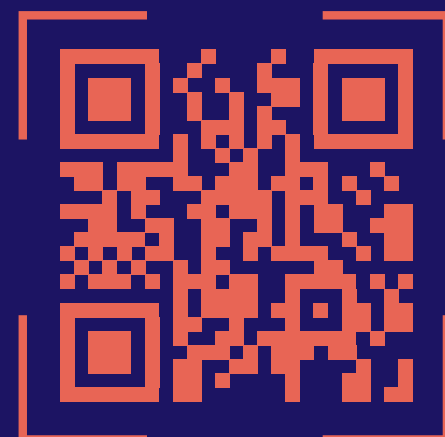
“Associations between Nature Exposure and Health”
National Institutes of Health (2021)

Spending time outside
is a proven mood booster.
Soak up the sun and share
the positivity.



Get ideas for fitting
walking, biking, and
rolling into your routine.

www.mass.gov/safe-routes-to-school



in partnership with

massDOT
Massachusetts Department of Transportation

 **MASSACHUSETTS
Safe Routes to School**
MASS.GOV/SAFE-ROUTES-TO-SCHOOL

That feeling when
you're on a roll!
Feel the breeze
and arrive
energized.



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National Center for Safe Routes to School

**Biking is proven
to sharpen focus.
Feel the difference
a ride can make.**



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American Heart Association

Walking just 30 minutes a day can clear your mind and fine-tune your focus.



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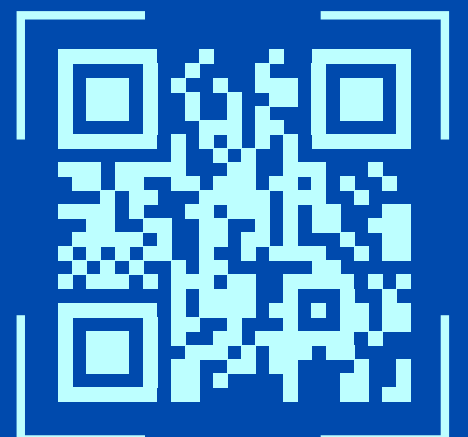
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Brain break! Stroll outside for fresh air and good conversations.



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