



**Cornell University**  
**Cooperative Extension**  
**Ulster County**

10 Westbrook Lane  
Kingston, NY 12401-2928  
Phone 845.340.3990  
Fax 845.340.3993  
Website: [www.cce.cornell.edu/ulster](http://www.cce.cornell.edu/ulster)

September 9, 2010

**FOR IMMEDIATE RELEASE**

Contact: Jude DeFalco  
Marketing and Production  
845-340-3990  
[www.cceulster.org](http://www.cceulster.org)

**Walk to School Day in Kingston, NY Promotes Healthy Lifestyle**

*The Healthy Kingston for Kids Partnership encourages parents and schools to participate in global initiative.*

Children who walk or bike to school are healthier, more alert and are more adept at making friends, which all add up to being more successful in school. Studies have shown that youth who are active in the morning and afternoon perform better in school. So, get your kid off on the right foot and encourage walking and biking to school!

The Safe Routes to Schools and Parks committee of the Healthy Kingston for Kids partnership is encouraging parents and school employees in Kingston to band together this fall to celebrate a International Walk and Bike to School Day event on October 6, which aims to bolster youth fitness through active living. Activities such as walking and biking to school promote the notion that a “healthier kid is a smarter kid.” Schools worldwide will be participating.

**On September 21, 2010 there will be a workshop for parents, teachers and school officials interested in holding a walk and bike to school event at their school. Contact Kristen Wilson at (845) 340-3990 or [kew67@cornell.edu](mailto:kew67@cornell.edu) for times and locations.**

From the perspective of a parent, the preference for walking is clear. “What motivates me most about having my community walk to school is that it will reduce air pollution from cars dropping kids off near the school. My child will breathe fresh air at school,” said Alina Denarie, a Kingston parent whose child goes to the Edson School.

The purpose of the event is to promote the importance of daily physical activity as well as creating safe walkable and bikeable routes to schools in the Kingston City School District.

The Healthy Kingston for Kids partnership is led by Cornell Cooperative Extension Ulster County. People interested in organizing an event at their school or attending the training can contact Kristen Wilson at (845) 340-3990 or [kew67@cornell.edu](mailto:kew67@cornell.edu). To learn more, see the International Walk to School website at: [www.walktoschool.org](http://www.walktoschool.org).

For more information about Cornell Cooperative Extension of Ulster County’s community programs and events call 845-340-3990 or visit us online at [www.cceulster.org](http://www.cceulster.org) or follow us on [www.facebook.com](http://www.facebook.com).

*Building Strong and Vibrant New York Communities*