

PHYSICAL ACTIVITY: LESSONS FROM THE PANDEMIC

During the pandemic, Walk n' Roll changed our focus from walking and biking to school, to walking and biking in our neighborhoods. Recently, the Physical Activity Alliance gathered several experts in public health, nutrition, and physical activity to discuss what we learned about exercise while working or studying from home. So – what were the big lessons?



First – telling people to exercise is not enough! Active transportation makes regular exercise possible simply by replacing our car trips with walking or biking whenever possible. We all have to get to work, school, or run errands, so why not turn those trips into opportunities for exercise?

Second – the pandemic has shown that Americans do like to get outside and be active! Many of us got out for a walk after lunch or dinner, or as a quick break from work or school. Bike shops sold out their inventories, and people discovered how useful bikes could be for quick grocery trips.

Third – walking and biking provides environmental benefits. Without the daily traffic jams from people commuting by car, air quality improved significantly. We could keep this up by continuing to allow people to work from home, or offering incentives for carpooling, biking, walking, or using public transit. Let's keep these lessons in mind as we transition to our post-pandemic world!

**AND THE
WINNERS
ARE...**

Thank you all for submitting your activities and just getting out there to walk and roll whenever and wherever you can. We are so excited to announce the May Challenge Winners are: **Bachrodt, Cherrywood, Cureton, and Majestic Way Schools**. We hope you enjoy your Walk n' Roll masks!

We do not have a challenge for June, but be on the lookout for the August challenge when we all head back for the new school year. If you are looking for any activities, we have a few suggestions for you in this newsletter whether you like being active, reading, or being creative – there are ideas for everybody. Enjoy your Summer Break and we look forward to walking and rolling with you soon!

NATIONAL SKATEBOARDING DAY: JUNE 21

We hope everyone enjoyed May's bike events and are ready for National Skateboarding Day which is coming up on **Monday, June 21!** This is also an exciting year for skateboarding as the sport will be making its debut in the Olympics. We hope you can celebrate at your local skate park and continue to stay active throughout the Summer. Please make sure as always to be safe when riding your skateboard, bike, rollerblades, or scooter and wear your helmet as well as any pads for your elbows or knees. Lastly, as the weather starts heating up, make sure you bring enough water with you and stay properly hydrated at all times!



HYDRATION

Water is one of the most important parts of staying healthy! As the months get warmer, it is important to remember to stay hydrated. You might find yourself sweating a bit more, but that is normal. The brain signals the sweat glands to produce sweat because your bodies are heating up from being warm or being active! Sweating helps your body from overheating and your body stays cool by evaporating the sweat from your skin. Drinking water and staying hydrated will replenish the lost fluids. If you start to feel dizzy or thirsty, you might be dehydrated and that is a sign to drink more water. Hydration works best as a daily habit getting enough water every day!

WALK N ROLL TASK FORCE

San Jose's Walk n' Roll program is developing School District Task Forces across the city and is seeking participants to work alongside city personnel. Exact goals and objectives will be adopted by the Task Force after its formation, but they will revolve around improving school safety and encouraging students and their families to walk or bike to school. The Task Force will also be an opportunity for schools and communities to connect, share information, and organize around common issues. Ideal participants include administrators, teachers, students 5th grade and older, and local community groups.

Please fill out an [interest form here](#) or contact Dominic Barroga.

HIGH SCHOOL WALK N ROLL

We are developing curriculum to expand our outreach and promote walking and biking at high schools. Historically, Walk n' Roll has mostly worked with elementary schools and some middle schools, focusing on the fundamentals of bike and pedestrian safety. As the program grows, the team has been looking for ways to expand our services and reach more students in San Jose! Placing more of a focus on curriculum for older students will allow the program to establish itself as a consistent advocate for safety and active transportation through a student's K-12 education. As the Walk n' Roll curriculum expands we are also looking to expand our roster to include high schools.

Contact Dominic Barroga, dominic.barroga@sanjoseca.gov to help bring Walk n' Roll to your high school!



Events CALENDAR

WHEELIE GOOD NEWS – LAKE CUNNINGHAM ACTION SPORTS PARK

Did you hear the wheelie good news?! On May 19th, the Lake Cunningham Action Sports Park reopened to welcome skaters, scooter-riders and bikers again! Make sure you sign up for a membership in order to make a reservation in advance. The park is California's largest skatepark with the world's largest full pipe and vert wall, and an 8.5-acre bike park with seven diverse riding zones to challenge riders of all skill levels! The park is following all City, County, and State health and safety guidelines including wearing a mask at all times. The Pro Shop will be closed, so bring your water and safety gear! Remember, hydration is important and so is wearing proper safety gear while you are rolling. For more information about Lake Cunningham Action Sports Park, to purchase a membership or register for Action Sports Camp, please visit bit.ly/sj-lcasp or contact Action Sports Park directly at 408-794-7574.

MAY 19TH



As you're all getting ready for the summer, our Walk n' Roll program will be spending the summer break

gearing up for International Walk to School Day! This is a national event that includes people from all over participating in walking or biking to school. Walking and biking is such a great way to stay active, gain independence, and be ready to learn at school. So, during your summer break, make sure you take any opportunity to practice walking or rolling around the neighborhood or to a park to get pumped for International Walk to School Day when you get back for the new school year. We will have more information for you in August and cannot wait to see you then!



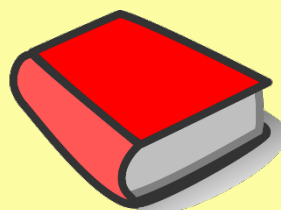
RESOURCES



[Safety Videos](#)



[Helmet Safety](#)



[List of books](#)



Activities

GOING FROM ZOOM TO ZOOOOOOOOOOM!

With school wrapping things up for the year, here are some ideas on staying active during your summer break:

Walk n' Roll: Take a stroll around the neighborhood and see what's new. Whether it be a bird's nest on a neighbor's tree or some flowers blooming, there's always something to spot. Go about your day riding a bike, scooter, or skateboard for fast travel and explore what's around you.

Hide and seek tag: Hide and seek but with tag elements to it. Same hide and seek rules but when caught or in the mood for a chase, time to run when the seeker comes around.

Water balloons: During the summer, playing with water sure can be a great way to cool off. Fill up a couple water balloons beforehand and practice your aim, cause water balloons are a complete game changer. Make sure to pick up all the balloon remains once everyone has had their fun.

Obstacle course: Whether out and about or in the great indoors, set up your own personal obstacle course with what's around you. Make your course and you're ready to face the challenge. Whether it be ducking under a blanket fort or zig-zagging around some cones, do your best to complete the course in the lowest time.

Yoga/Pilates: Yoga and Pilates are a great way to start the day, wind down in the evening, or anytime in between. You can have a session of full cardio, do some exercises cause it's leg day, or simple stretches. Yoga and Pilates are a sure way to refill your energy battery.

Wall-Ball: All you need is in the name, a ball that bounces and a wall that does a good job of being one. Bounce the ball against the wall and see how long you can rally it. Keep track of how many times you can continuously bounce the ball so you can total up your high score.

Jump rope: Got a rope and ready to spring into action? Hop on in to some jump rope and try to beat your previous record.

Kickball: If you have a ball and some kicking shoes, it's time to kick off, literally. Similar to baseball, after kicking the ball, try to get to the next base until it's time to head back home, earning you a point.

Dance off: Start playing your favorite tunes and dance it out. Show off any dances you've learned or just move to the beat.

TIPS FOR WALKING AND BIKING

Look Before You Cross

Look left, right, and left again before crossing a street

Use the Crosswalk

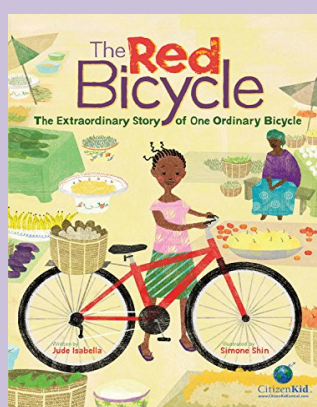
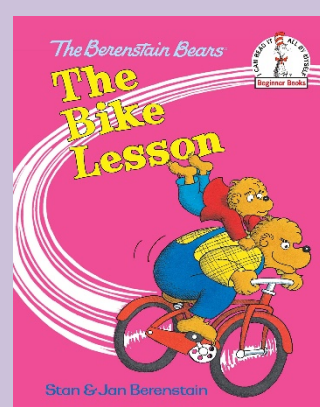
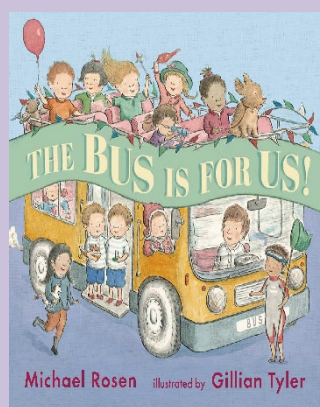
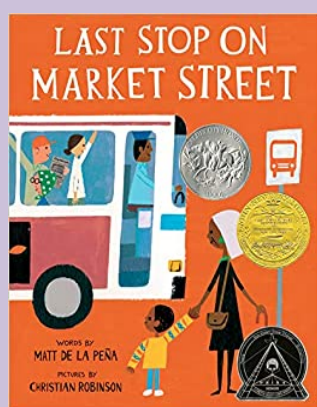
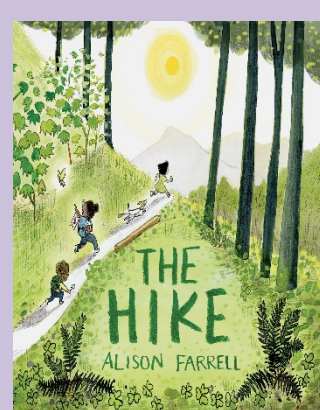
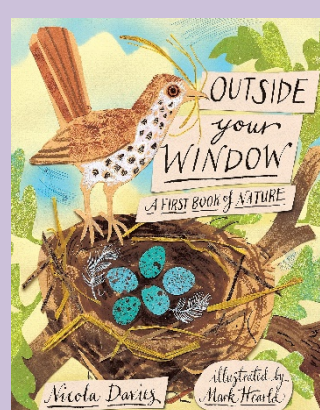
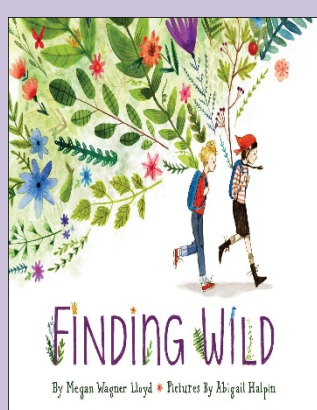
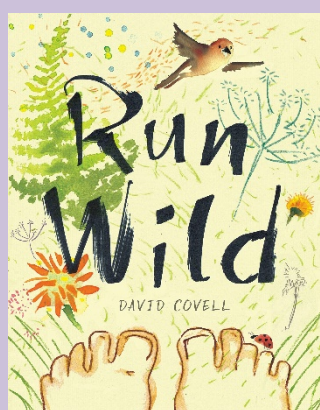
Always cross at the corners or at a marked

Be Visible

Wear bright clothing, use a headlight and a taillight

SUMMER READING BOOKLIST

*All included books can be found on San Jose Public Library website at <https://www.sjpl.org/>



READING
COLORS
YOUR WORLD

ART GOALS FOR WALK N' ROLL

We always want you to encourage you to Walk n' Roll whenever you can and wherever you are! We look forward to hearing about how you walked and rolled during the summer.

If you are looking for a creative outlet or just need an activity, we encourage you all to create and submit any artistic pieces to walknroll@sanjoseca.gov throughout the Summer!

You can share with us how you walked and rolled, any ideas you have on what an ideal route to the park or school is, your favorite mode of transportation, how your family and you stay active- just some ideas to get you started. Your art can reflect how staying active and healthy is good for yourself, for our environment, and our community.

We would love to display your creativity in our upcoming newsletters – so be on the lookout for that!

