

## **Walk and Bike to School and Work Week Proclamation**

Whereas, children and adults alike are safer, happier, and healthier when communities prioritize walking and biking safety; and

Whereas, creating a bike- and walk-friendly community grows the economy of Portland, advances traffic safety, moves us closer to our climate goals, and supports student learning outcomes, and

Whereas, increasing the number of people safely walking and biking to school or work can reduce wear and tear on our streets, mitigate traffic congestion, reduce noise and greenhouse gas emissions, and improve air quality; and

Whereas, walking and biking to school or work creates an opportunity to build physical activity into daily routines, which has been shown to improve overall physical, social, and emotional well-being; and

Whereas, daily exercise is shown to reduce stress and anxiety, boost self-confidence, and improve one's overall mood; and

Whereas, studies show that after 20 minutes of physical activity, students tested better in reading, spelling, and math, and were more likely to read above their grade level; and

Whereas, closing learning gaps that were exacerbated during the COVID-19 pandemic remains a priority for schools, and supporting walking and biking to school helps close that gap by improving attendance, building community around and among students and their families, and the regular exercise improves focus in the classroom; and

Whereas, biking and walking are cost-saving forms of transportation for both the household and for the city, and

Whereas, biking and walking are fun!

Now, therefore, I, Keith Wilson, Mayor of the City of Portland, Oregon, the "City of Roses," do hereby proclaim the week of May 19, 2025 to be Portland Walk and Bike to School and Work Week.