

Rov qab mus rau tus kheej kev kawm? Taug Taw thiab Caij Bike Li Koj Txoj Kev Mus Kawm Ntawv kom Nyob Huv thiab Kaj Siab

COV TXIAJ NTSIG TAU

Kawm ntawv nce tau zoo
Muaj kev noj qab haus huv thiab zoo siab
Txo tau cov CO2 emissions
Kev sib txuas tau nrog lub zejzot

 
**TRUE FOOD + ACTIVE LIVING
= SCHOOL SUCCESS!**

KEV NYAB XEEB TAUG TAW THIAB CAIJ BIKE

Ceev Faj: Saib cov tsheb tawm thiab nkag mus los ntawm cov chaw nres tsheb thiab cov kev.

Pom Tseeb: Hnav cov khaub ncaws ci tshiab, pom zoo, ntoo kaus mom tiv thiav, yog caij bike.

Nyab xeeb: Nres ua ntej hla kev. Xyuas sab laug, sab xis, sab laug, pem hauv ntej thiab tom qab kom tsis muaj tsehb los. Ua raws txhua yam traffic cov cai, cov paib thiab kev ntaus tes qhia.



Rov qab tuaj kawm ntawv? Xav taug taw lossis caij bike tuaj. Kev taug taw lossis caij bike muaj txiaj ntsig rau koj lub hlwb uas yuav yooj yim rau koj los xav thaum koj kawm ntawv, thiab koj muaj kev zoo saib los ntawm qhov ua exercise. Kev taug taw thiab caij bike tuaj kawm ntawv tsis tsav tsheb yuav tsis muaj tsheb ntau tom koj lub tsev kawm ntawv thiab yeej txo tau ze li 100 pounds ntawm cov CO2 emissions rau ib tus tib neeg ntawm ib lub xyoos. No yog ib cov kev qhia los pab kom taug taw kom muaj kev nyab xeeb thiab lom zem:

Xaiv Koj Txoj Hauv Kev

Cov hauv kev zoo yog cov tsis muaj qhov tshuam ntau thiab tsis muaj li cov paib stop lossis cov kev sib tshuam uas muaj teeb, kom muaj sab kev rau tib neeg taug taw thiab caij bike. Lub Nroog Minneapolis [Qhov Walking Routes for Youth](#) yog qhov los pab npaj koj txoj hauv kev. Mus taug sim txoj kev thaum hnuv tsis muaj kawm ntawv. Koj yuav pom tias nws taug ntev lidas thiab muaj dabtsi tsis zoo nyob rau txoj hauv kev.

Txhua Yam Kev Nyab Xeeb

- Ceev faj me ntsis thaum mus txog cov kev sib tshuam, cov chaw nres tsheb lossis cov kev muaj tsheb ntau. Xyuas sab laug, sab xis, sab laug, saib pem hauv ntej, tom qab kom tsis muaj tsheb mas mus. Xyuas txhua qhov hauv kev koj mam hla.
- Nrhiav ib lossis ob tus phoojywg nrog koj taug taw lossis caij bike. Nws lom zem thaum nrog cov phoojywg!
- Hnav kom raws hluab cua. Hnav cov khaub ncaws ci tshiab kom pom zoo nws yuav pab qhov pom koj zoo.
- Ceev ceev faj. Tsis txhob siv koj lub xovtooj lossis ob lub mloog pob ntseg thaum taug taw thiab caij bike.
- Ua raws qhov [Minnesota Department of Health](#) thiab [CDC](#) cov kev qhia txog tus kab mob Covid-19 kev tiv thaiv ib yam li khwb ntsej muag thiab nyob sib nrug.

Kev Nyab Xeeb Caij Bike

- Yog caij bike, ntoo ib lub kaus mom tiv thaiv taub haus txhua zaug.
- Cov neeg caij bike yuav tsum ua raws cov cai caij maus taus. Nrog rau li qhov zam rau cov neeg taug taw, nres thaum muaj daim paib stop, taus tes qhia thaum lem thiab mus kom sib txig nrog rau qhov traffic. Xyuas qhov kom koj lub bike tsis muaj kev puas daim video ua lus [Askis](#) lossis lus [Spanish](#).
- Txhua lub tsev kawm ntawv muaj qhov xauv bike. Nco nqa koj lub xauv, thiab lub u-lock yog lub zoo. Xauv koj lub bike rau ib qhov chaw kom pom zoo, qhov chaw muaj koob yees duab tej thaum yhuav ua rau tsis muaj neeg nyiag. [No yob ib qhov kev qhia txog kev xauv koj lub bike](#).

Rau Cov Niamtxiv

- Yog koj muaj cov menyuam me, xav pib ib qhov “[walking school bus](#)” lossis “[bike train](#)” nrog rau lwm tsevneeg hauv koj ib cheeb tsam neeg zejzoz.
- Los xyuas tau cov kev qhia kev nyab xeeb rau [walking \(Askiv\)](#), [walking \(Spanish\)](#), [biking \(Askiv\)](#) thiab [biking \(Spanish\)](#).