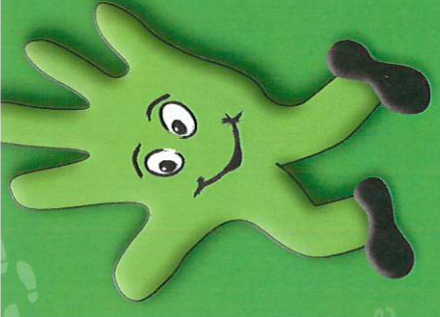


# 5 minute Walk Zone

Fitness • Family • Fun • Friendship • Future



We want every child and young person in Swindon to have the opportunity to walk, cycle or use the bus safely for their everyday journeys, particularly to and from school. We want them to grow up to be healthy, confident adults with the ability to make independent travel choices, whilst enriching their education and improving their local environment.

Promoting safer and smarter journeys to school.

**School Travel Advisor**  
01793 466335  
**Road Safety team**  
01793 466399  
stars@swindon.gov.uk

Small lifestyle changes can add up to big health benefits and walking is a great way to start. Almost everyone can do it, anywhere, at any time, and it's FREE – you can just get out there and start walking.

Walking is one of the easiest ways for children to do the recommended 60 minutes of physical activity every day that gets their heart beating faster than usual.



These 60 active minutes a day will help burn off energy and prevent excess fat being stored in the body. Walking also helps young muscles and bones grow properly. It's a great way for adults to get exercise regularly in a cheap, easy and fun way too.

Walking is a feel-good exercise that's great for the whole family!

# walk 4 life

This leaflet is available on the internet at [www.swindon.gov.uk](http://www.swindon.gov.uk). It can be produced in a range of languages and formats (such as large print, Braille or other accessible formats) by contacting the Customer Services Department.

Tel: 01793 445500 Fax: 01793 463331 E-mail: [customerservices@swindon.gov.uk](mailto:customerservices@swindon.gov.uk)  
Designed and printed by The Hub 01793 463112

Welcome to the

minute

# 5 Walk Zone



for

**Goddard Park Primary School**

Fitness • Family • Fun • Friendship • Future



Our aim is to encourage families to walk for at least part of their school journey. Walking to school is one of the easiest ways to improve your family's health and wellbeing. You can also help to reduce traffic congestion around the school and improve safety for everyone. Best of all, it's free!



Everybody learns, everybody cares

The 5 Minute Walk Zone has been introduced at Goddard Park Community Primary School to encourage as many families as possible to walk either all or part way to school. Walking to school is beneficial because:-

- It's healthy for adults and children.
- It teaches children road safety.
- It's quicker than finding a parking space outside school.
- It's better for the environment.
- It helps keep the roads around school free from traffic which is safer for all our children.
- It's fun to walk and talk!

Please, if you do need to travel by car, use the 5 Minute Walk Zone. Our map will help you find your route to school.

**Rotakids/Travel Ambassadors at Goddard Park**

walk 4 life



**SWINDON**  
BOROUGH COUNCIL

# Travelling to Goddard Park Primary School

## 5 minute Walk Zone



### Key

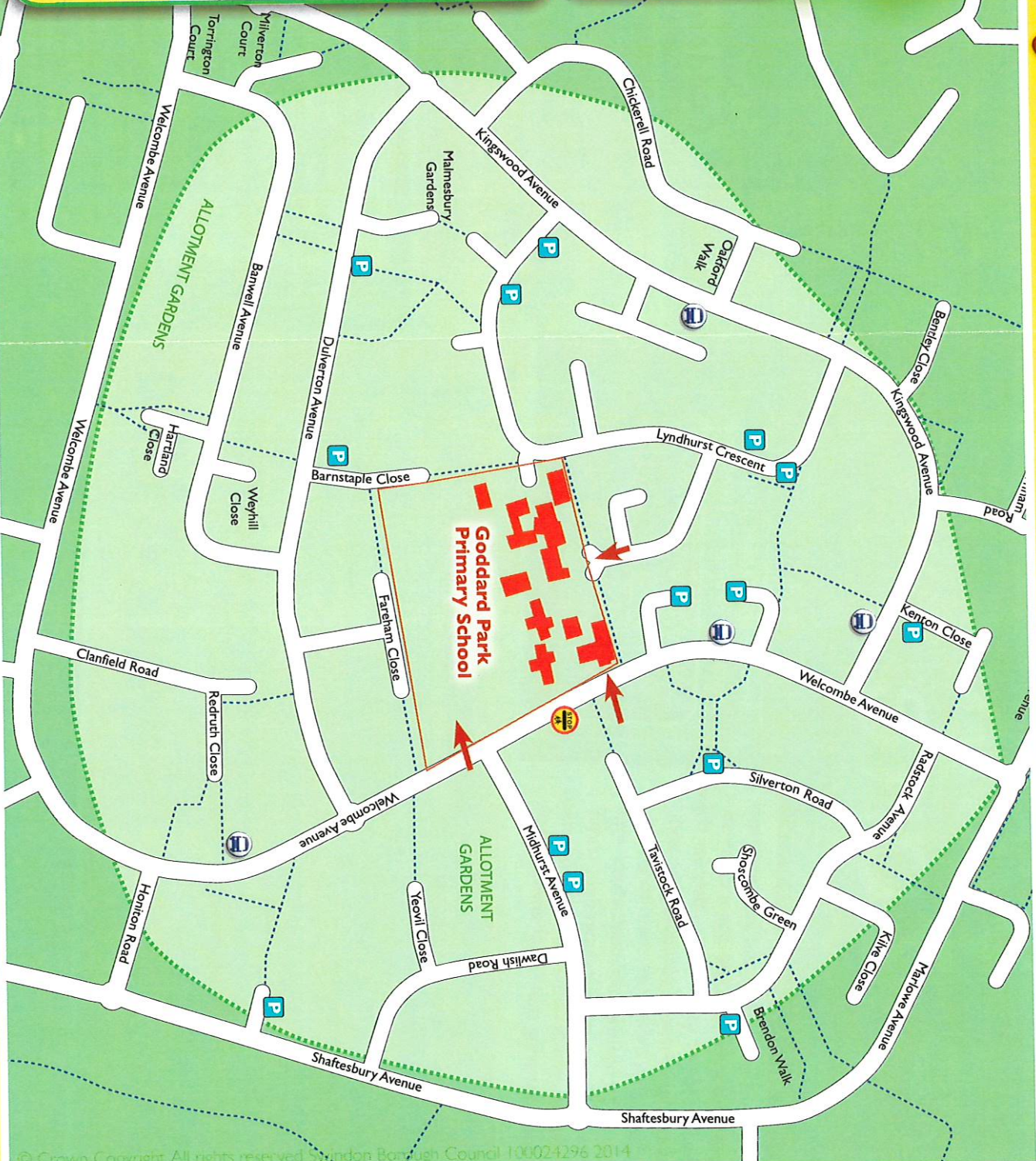
- Footpaths
- 5 minute walk zone
- Alternative Parking
- Bus stop
- School entrance
- School Crossing Patrol

If you live inside the Five Minute Zone you could walk or cycle to and from school every day. Even if you need the car to travel to work, it may be quicker and easier to leave it parked at home while you do the school run.

If you live just outside the Zone, try walking or cycling – it could be quicker than you think!

If you have to travel by car to school, please try to park outside the walking zone, with care and consideration for local residents, and walk the rest of the way.

Pupils from the school have helped to develop this project and have walked the routes to prove that it only takes five minutes!



Promoting safer and smarter journeys to school