

minute

5 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.

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



Promoting safer and smarter journeys to school.

School Travel Advisor

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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!



Welcome to the

minute

5 Walk Zone

for

Greenmeadow Primary School

Fitness • Family • Fun • Friendship • Future

Our aim is to reduce traffic congestion around the school, to improve safety for everyone and to encourage families to walk for at least part of their school journey.



At Greenmeadow Primary School we believe that it is important to be fit and healthy. We think that by using the five minute walk zone, children and parents will be able to increase their daily exercise, stay healthy by getting more fresh air, and help to protect our environment at the same time.

Also, by using the five minute walk zone, we will improve the parking problems and traffic jams on Pen Close. This will make Pen Close much safer for us to walk, cycle or scoot to school and easier for parents to find a parking space too.

Please support our five minute walk zone!

Greenmeadow Student Council



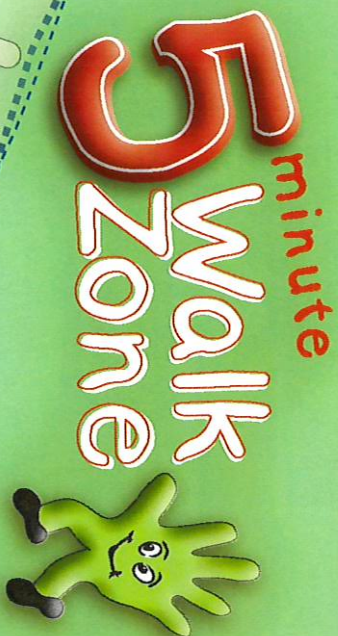
SWINDON
BOROUGH COUNCIL

This leaflet is available on the internet at 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

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Travelling to Greenmeadow Primary School



Key

- P** Alternative Parking
- Footpaths
- 5 minute walk zone
- ➔ School entrance
- 🚌 Bus stop
- 🚗 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 safe, healthy and sustainable travel to school