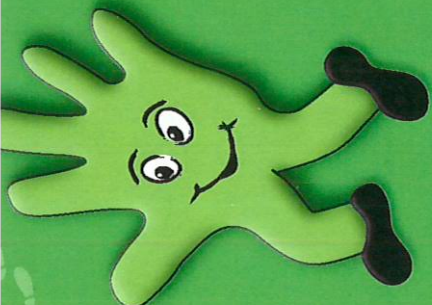


5 minute Walk Zone

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. 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
Designed and printed by The Hub 01793 463112

Welcome to the 5 minute

Walk Zone

for **Lawn 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!



Lawn Primary School

"We hope our Five Minute Walk Zone encourages parents and children to change their habits and walk to school. We know children sometimes spend a long time in the mornings trying to help their parents find somewhere to park and we think it would be a much better idea to spend this time walking to school instead! If we walk, we can help our local community and keep some of the cars away from our busy school. We think we live in a great community and since the launch of our Five Minute Walk Zone we have enjoyed getting outside and using lots of different skills to help complete and continue to raise awareness of this project. Please help us achieve our aims and maybe get fit at the same time by walking to school."

The Green Team, Lawn Primary School



OPTIMA SEQUI


walk 4 life



SWINDON BOROUGH COUNCIL

Travelling to Lawn Primary School

5 minute Walk Zone



Key

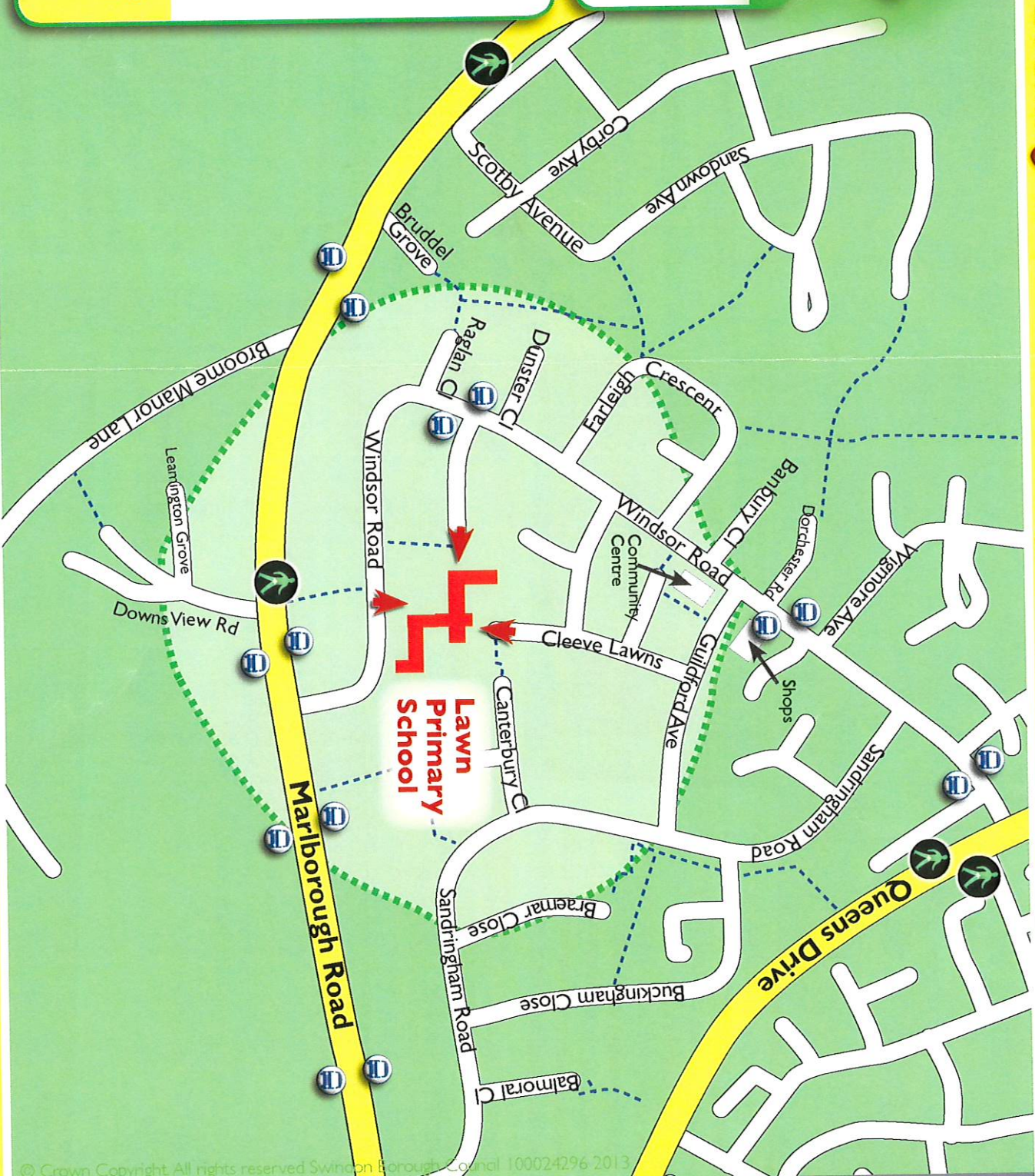
- Footpaths (dashed line)
- 5 minute walk zone (dotted green line)
- Bus stop (blue circle with 'B')
- School entrance (red arrow pointing to a red 'L' shape)
- Pedestrian crossing (green circle with a walking figure)

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