

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.

Promoting safer and smarter journeys to school.

Road Safety Officer
01793 466335
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



Welcome to the

minute

5 Walk Zone

for

Nythe 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!



We are committed to promoting safer and smarter journeys to school at Nythe Primary School. We want to make our community a safer and healthier place by encouraging more families to walk, scoot or cycle for everyday journeys and reducing the number of cars around our busy site.

However we recognise that for some parents and carers who travel on to work this isn't always practical. We think that the Five Minute Walk Zone is a great idea as parents and carers who do need to drive can park just five minutes away and then enjoy a short, stress-free walk with their children at the beginning and end of the day.

Nythe School Council



