

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.

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

minute

5 Walk Zone

for

Tregoze 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!



Tregoze Primary School



Tregoze Primary School

"We are committed to promoting safer and smarter journeys to school for all our pupils at Tregoze Primary School. We want to work together with our community to encourage parents and pupils to enjoy becoming more active by walking, scooting or cycling to school."

We believe that the Five Minute Walk Zone is a fantastic opportunity for everyone to get involved because parents and carers who need to drive can park just five minutes away and then enjoy a short walk or scoot with their children.

Please support us to succeed in making our school a safer and happier environment by using our Five Minute Walk Zone."

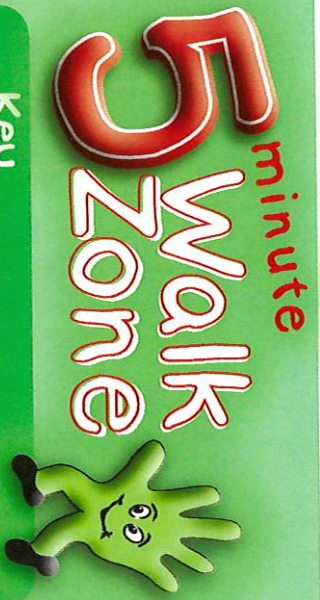
The School Travel Ambassadors

walk 4 life



SWINDON
BOROUGH COUNCIL

Travelling to Tregoze Primary School



Key

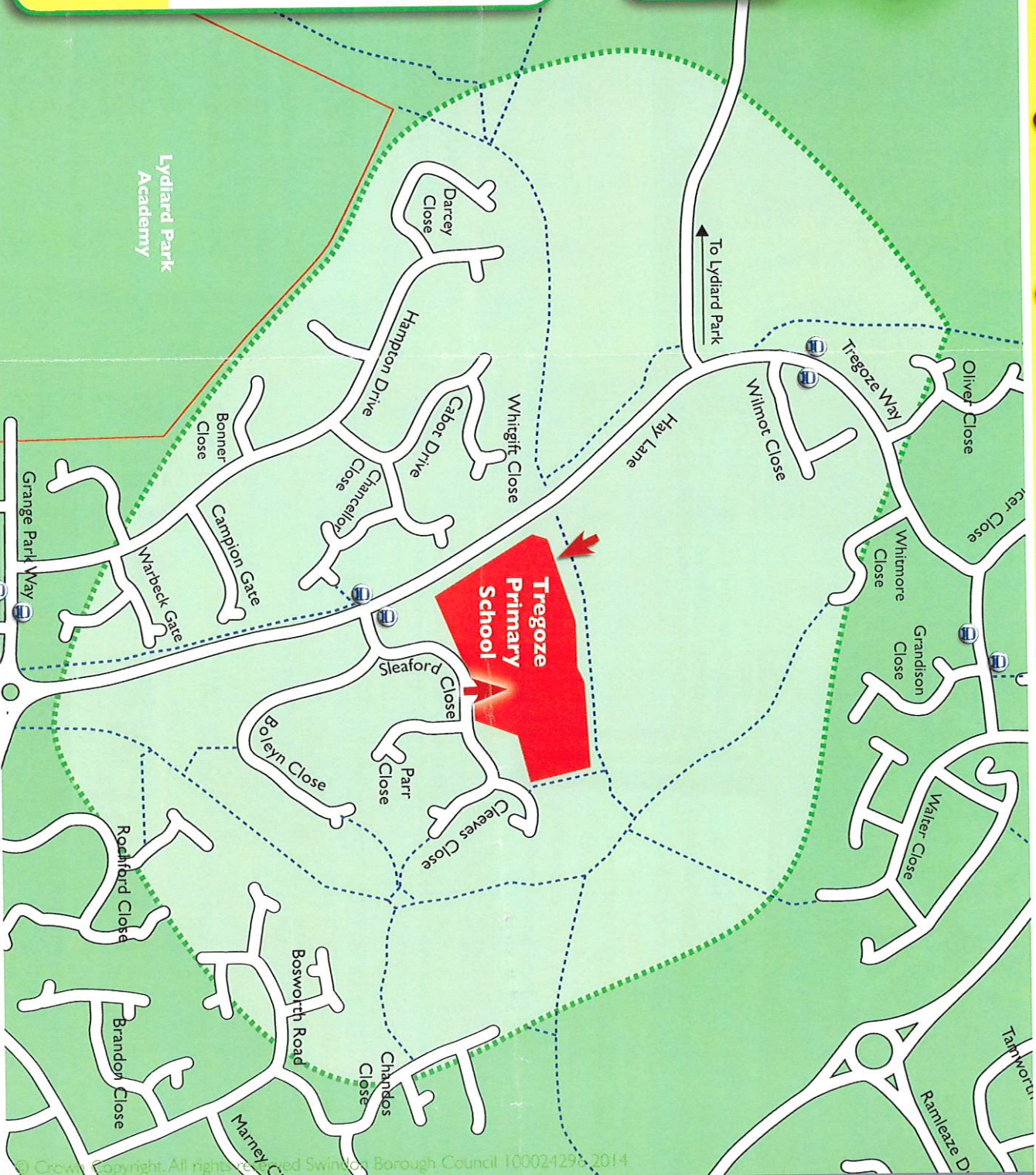
- Footpaths
- 5 minute walk zone
- Bus stop
- School entrance

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