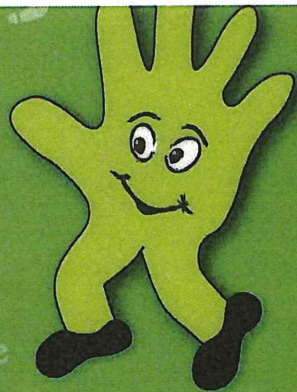


5 minute Walk Zone

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

Walk4Life is part of the Change4Life movement that has been set up to encourage families and adults to eat well, move more and live longer, by making small lifestyle changes that add up to big health benefits. Walk4Life is all about helping people move 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 a great way to improve the general health of the whole family. It's a feel-good exercise that's also good for the environment.

It's one of the easiest ways for children to do their 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. It also helps young muscles and bones grow properly. And for us adults we need to be active for 30 minutes 5 times a week so walking can really help you fulfil this in a cheap, easy and fun way.



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 **Grange Infant & Junior Schools**

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.



5 Reasons your children think walking is best!

- Your heart beats faster when you walk so you get fitter
- When you walk, you arrive at school full of energy and your brain is ready to listen and think
- We shouldn't drive our cars so much because we get yucky fumes that pollute our world.
- It's fun because we meet our friends and talk to our family



NHS
Swindon

walk 4 life

SWINDON
BOROUGH COUNCIL

Travelling to Grange Schools

5^{minute} Walk Zone



Key

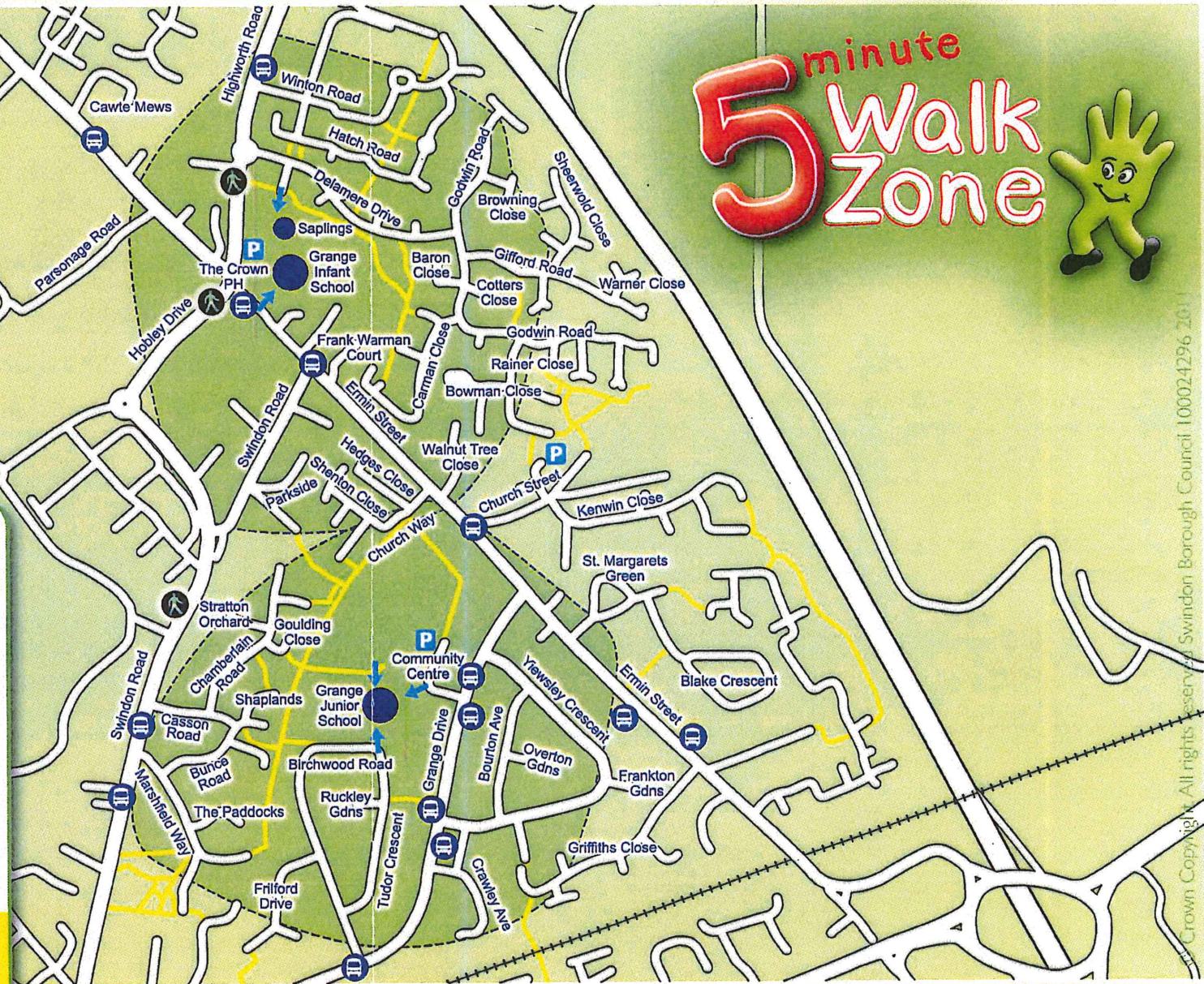
- Alternative Parking
- Footpaths
- 5 minute walk zone
- School entrance
- Bus stop

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 schools 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