

# 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 information is available on the internet at [www.swindon.gov.uk](http://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. t: 01793 445500 f: 01793 463982 e: [customerservices@swindon.gov.uk](mailto:customerservices@swindon.gov.uk) D1510/FOI 4043/15

Welcome to the 5 minute Walk Zone



# 5 minute Walk Zone

for

Robert Le Kyng 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!



"The children at Robert le Kyng want to reduce traffic congestion around the school so it's safer for us to walk and cycle to school. We want to encourage families to walk for at least part of their school journey.



At Robert le Kyng we are a fit and sporty bunch! That's why we are promoting the 5 minute walk zone – we want to help families keep fit, reduce traffic congestion and traffic pollution. Exercise sets you up for the day and you can 'walk and talk'. Also, if you walk, cycle or scoot, it's probably quicker than trying to drive and park."

Forget the gym – a brisk walk is the thing!

## walk 4 life

SWINDON BOROUGH COUNCIL