

**5** minute

# Walk Zone

Fitness . Family . Fun . Friendship . Future .

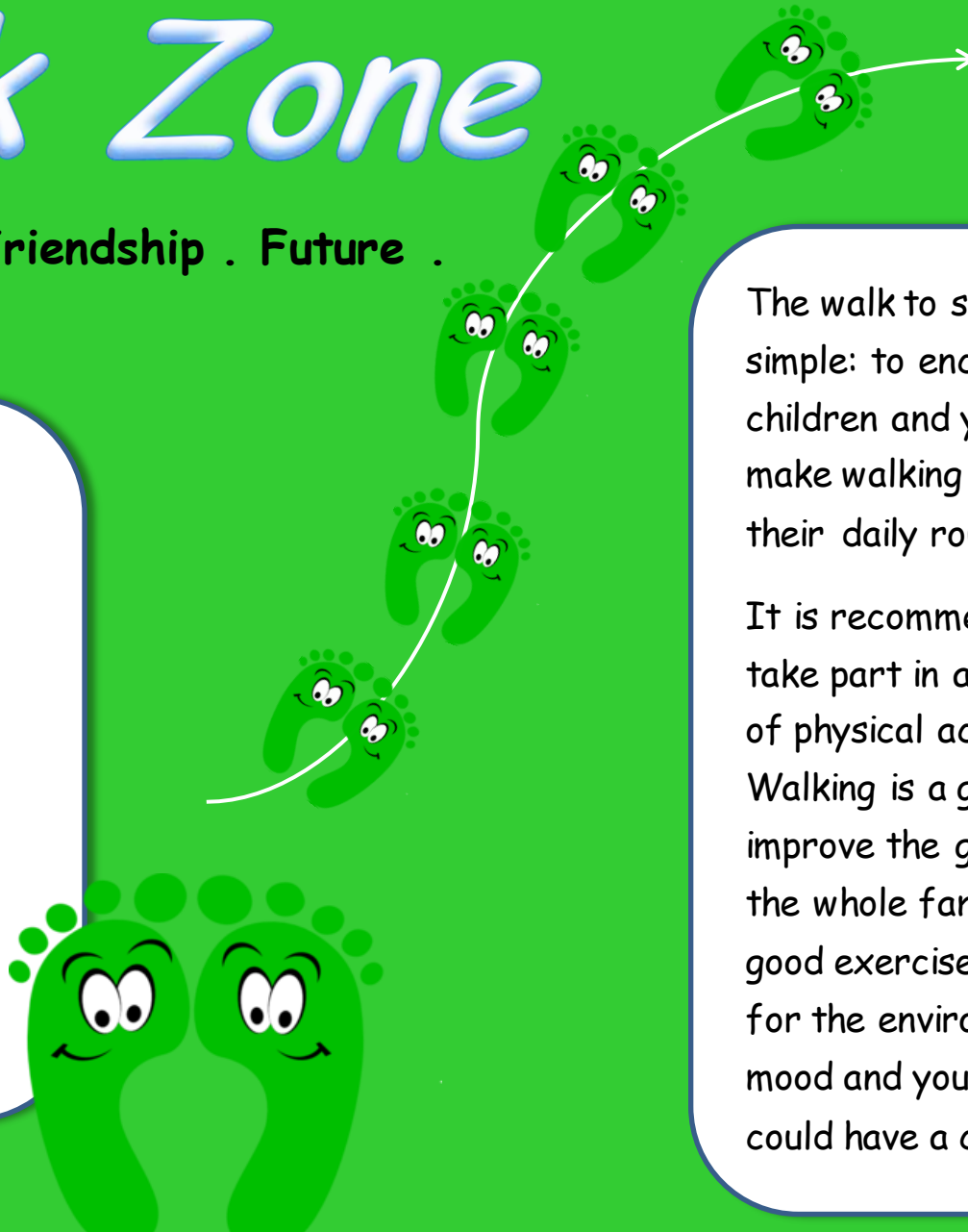


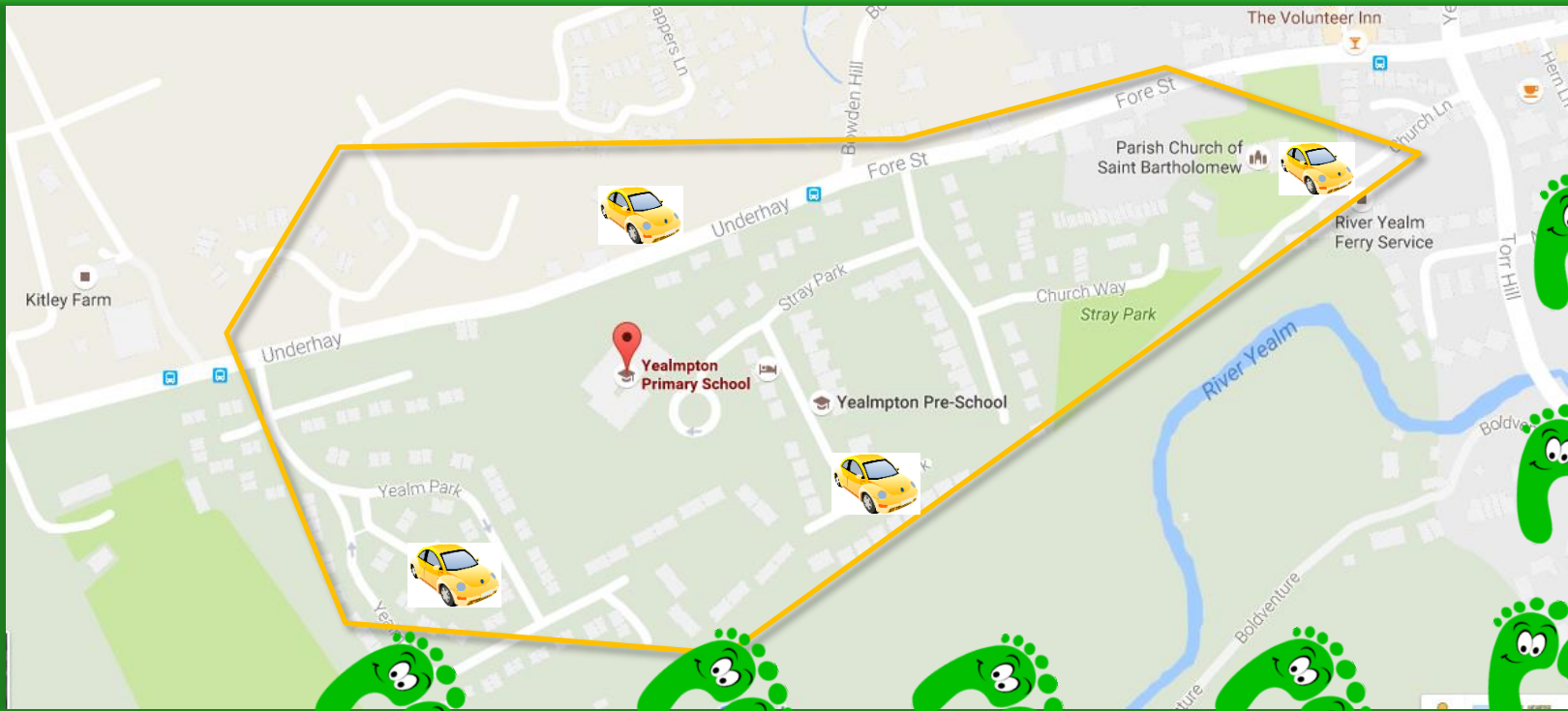
Yealmpton Primary School is an extremely eco-friendly school.

Our school Active Walk Ambassadors want to make our town a more eco-friendly place! One of the ways to do this is by creating a five minute walk zone! This would reduce traffic congestion around the school to improve safety for everyone.

The walk to school campaign is simple: to encourage all parents, children and young people to make walking to school part of their daily routine.

It is recommended that children take part in at least 60 minutes of physical activity a day. 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, lifts your mood and you and your friends could have a chat on the way.





If you live within the Five Minute Walk Zone, rather than using a car and wasting money on fuel, walk, cycle or zoom to school on your scooter.

If you live just outside the Zone, try walking - it could be quicker than you think!

If you have to travel by car to school, try to park outside the Walking Zone and walk the last five minutes to school.

Pupils from Yealmpton Primary School have helped to develop this project and have walked the routes to prove that it only takes Five minutes.