


Walking to school is free, fun and gives you and your friends time together before the school day - something you can't do when you're stuck in the car with your parents or carer. It's a great way to get some of your recommended 60 active minutes every day without breaking a sweat - meaning you'll feel healthier, fitter and happier. Walking to school, you'll be breathing in cleaner air than those sat in their cars and will be reducing the number of cars outside the school gates, making the school journey safer for everyone. Don't forget to always take care when out near the road and be especially careful when crossing.

Riding your bike or scooter to school is one of the best forms of exercise. It's also a huge money saver with those choosing two wheels over four seeing a huge reduction in fuel costs every year! It's important that you stay as safe as possible, and these tips might help:

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- Protect your head - wear a helmet.
 - Maintain your bike - complete an M-check on your bike before you set off.
 - Be seen - wear fluorescent clothing during the day and reflective clothing at night.
 - Be sensible - don't carry bags on your handlebars. Use a backpack.

By promoting active and sustainable travel to pupils, parents and teachers across the region, and through the delivery of fun engaging and educational activities together we can make a difference. The ultimate aim is to encourage everyone to lead a healthy and active lifestyle starting with the journey to and from school.

**If it's not far
leave the car!**

**TORFAEN
COUNTY
BOROUGH**  **BWRDEISTREF
SIROL
TORFAEN**

WEDI'I YRREU GAN POWERED BY

FFYNIANT **LEVELLING**
— BRO — **— UP —**

It may not be possible for you to walk all the way from your home to school, but it is worth trying to walk at least some of the way. Ask the person driving the car to drop you off a little further away from the school gates so that you can walk the rest of the way to school. Use this map to find somewhere to park at least 5 minutes away from school so that you can build some exercise into your day and avoid emitting harmful pollutants from your car into the air directly around the school.

Travelling by bus is a great way to get to school if you have a longer distance to travel but still want to travel independently. It is also great for the environment; a full bus can take up to 40 cars off the road meaning there is less pollution and congestion. You will still be getting some of your daily active minutes as the walk to and from the bus stop counts as exercise!

From getting children and young people active, creating a safer school environment, improving air quality around schools and boosting educational attainment, the benefits of getting active on the journey to the school are huge!

Morning exercise improves your mood, lowers stress and increases concentration!



