

Why should I walk or cycle to school?

- It keeps you and your parents healthy
- It improves your road safety skills
- It helps make you more bright and alert for school
- It can be quicker than going in the car
- By walking or cycling, you can help reduce the amount of parked cars around your school
- Both walking and cycling count towards the one hour's exercise per day that you should be doing to stay fit and healthy.

Contact us for more information about planning your journey to school

Email – Roadsafety2@solihull.gov.uk

Tel – 0121 704 6334



The Fit Factor



walk or cycle to
school once a week

