



# Park & Stride leaflet for drivers



**Name of School**

**is a SAFE and HEALTHY school!**

Please help us keep the road outside our school safe for all

**Do not stop on or near the yellow zig-zag lines**

**Can't walk to school? ... 'Park and Stride' instead  
It's better and safer for you, your child, and other walkers**

Walking half a mile only takes  
between 8 and 17 minutes.

How many calories you burn  
depends on how fast you  
walk, too!

Walking this short distance  
contributes to the  
recommended daily physical  
activity for you and your  
child(ren).

**INSERT**

**WALKING ZONE MAP**

**Ask your School Travel Advisor for this  
[road.safety@brighton-hove.gov.uk](mailto:road.safety@brighton-hove.gov.uk)**

**Tel: 01273 292357**