



Kids need at least 60 minutes exercise every day. Walking and cycling to school is a good way to do this.



**Fit and fun on the school run:**

If you live within the walking zones, you may consider walking or cycling to school (even if it was just once a week) – could be quicker than driving and having to find a parking space. Due to the narrow lanes and lack of pavements leading to the school great care needs to be taken when walking/cycling - always make sure that you wear hi viz clothing so that drivers can see you.



**Lift Share:** Going the same way as a neighbour? (There are a large number of cars travelling from the Lymington area to school) Why not **lift share** and then **Park & Stride** as often as possible saving fuel and the environment.

