



# FREE YOUR FEET

**Walk to School**  
**LIVING STREETS**  
PUTTING PEOPLE FIRST

# Free Your Feet is about to start!

- What is Free Your Feet?
- Schools all over the UK are taking part
- So what's in it for you?



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# Why should I walk?

Walking has lots of benefits...

- Get in shape
- Puts you in a good mood
- Keeps your heart healthier
- Boosts your brain



# Yet more reasons to walk...

- Have more time with your friends
- Chat and catch up with the latest gossip
- Listen to music



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# Walking is good for the Earth

- Reduce road congestion
- Help lower pollution
- Put less CO<sub>2</sub> into the atmosphere



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And best of all...  
It's free!

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What if I live too far away to walk?

Why not walk for the last few minutes of your journey? Park and stride!



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What if I'm a wheelchair user?

You can still get involved!







I have to get the  
school bus!

Get on or off  
a stop earlier!



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I only live five minutes  
from the school!

Then take a detour.



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I have to carry loads of folders, my sports kit and the ingredients for food technology...

Do you need to carry all the folders every day?  
Could you use a locker?



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What if the weather  
turns nasty?

Why not keep an umbrella  
or a waterproof in your bag  
just in case?

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I'm worried  
about bullying

Why not walk  
with a friend?

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## Free Your Feet starts soon:

- Make sure you get a card to record your walking
- Hand it in at the end of the week and one pupil will win a £50 High Street voucher
- Everyone has an equal chance of winning... good luck!



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