

# Get Fit, Don't Sit!

## Walking facts

- You use **200 muscles** in your body to walk!
- Those who walk to school can **concentrate four hours longer** than those who arrive by car
- You are exposed to **21% more air pollution** in a car than walking.
- Walking is **free, healthy and zero-emissions.**

## Key

- 10 minute walking zone
- 15 minute walking zone
- Bus stop
- Zebra crossing
- Footpaths
- Cycle routes
- Library

Remember to **Stop, Look, and Listen** when crossing all roads

**Walking map**  
 Bessemer Grange Primary School

