

#WalkToSchool



THE BENEFITS OF WALKING TO SCHOOL ARE...



- Nice way to relax
- Boosts vitamin D
- Makes you happy
- Boosts brain power
- Strengthens heart
- Improves your health
- Better for the environment
- Good way to exercise
- Helps you lose weight
- Improves sleep patterns
- Boosts your energy
- Helps you to socialise more
- Strengthens bone structure
- Increases lung capacity
- Boosts immune system
- Helps prevent dementia
- Tones legs, bums and tums
- Increases appreciation of the outdoors
- Improves spacial awareness
- Lowers risk of disease

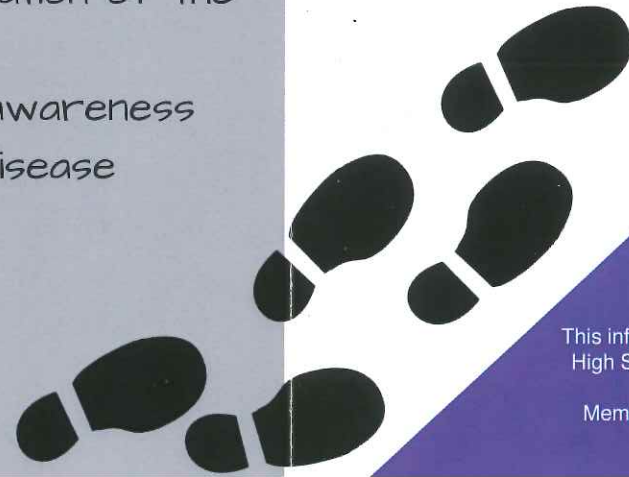
Did you know?

A 20 to 25 minute walk everyday can add 7 years to your life

If everyone walked atleast one day a week instead of driving traffic would be reduced by 10%

It's against the law to park in a disabled bay without a blue badge

Stay safe whilst walking



This information leaflet was created by the Rhyl High School TAG (Traffic Action Group) Winter 2017.

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#cerddedirysgol



MANTEISION CERDDED I'R YSGOL

YW...



- Ffordd braf o ymlacio
- Rhoi hwb i fitamin D
- Eich gwneud yn hapus
- Hybu gallu meddyliol
- Cryfhau'r galon
- Gwella eich iechyd
- Gwell i'r amgylchedd
- Ffordd dda o ymarfer
- Helpu colli pwysau
- Gwella patrymau cwsgr
- Rhoi hwb i'ch egni
- Helpu i chi gymdeithasu mwy
- Cryfhau adeiledd esgyrn
- Cynyddu cynhwysedd yr ysgyfaint
- Rhoi hwb i'r system imiwnedd
- Helpu atal dementia
- Tynhau coesau, tinau a boliau
- Gwerthfawrogi mwy ar yr awyr agored
- Gwella ymwybyddiaeth ofodol
- Lleihau perygl afiechyd

Wyddech chi?

Bod cerdded 20 i 25 munud bob dydd yn gallu ychwanegu 7 mlynedd at eich bywyd

Pe bai pawb yn cerdded o leiaf un diwrnod yr wythnos yn lle gyrru, byddai 10% yn llai o draffig

Mae'n groes i'r gyfraith parcio mewn cilfach barcio'r anabl heb fathodyn glas

Aros yn

ddiogel wrth

gerdded

