

Why Active Travel is Awesome!



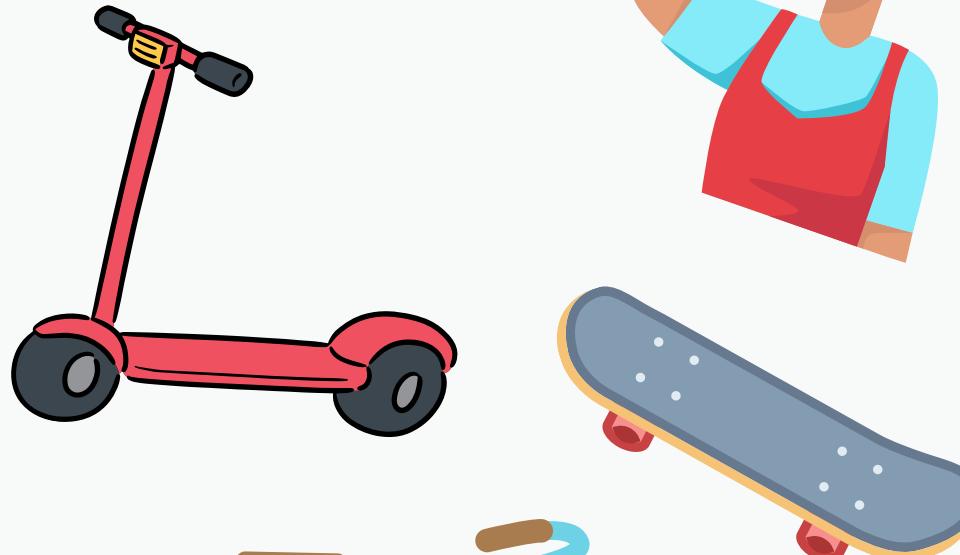
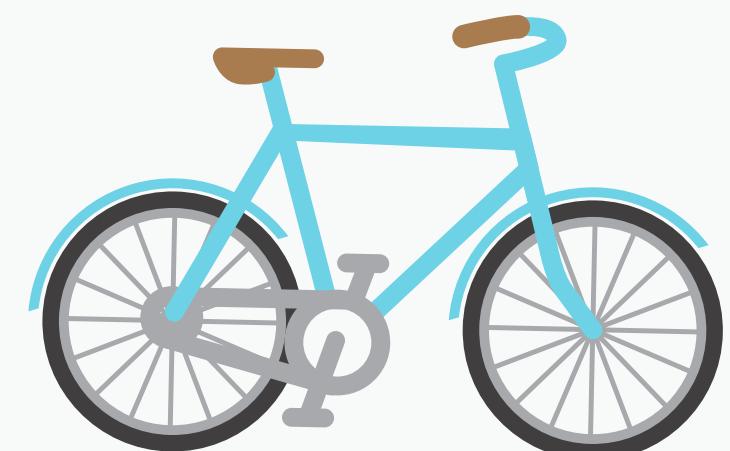
It's great for your body and mind

- Healthy Habits for Life
- Stronger Muscles
- Healthy Bones
- Better Balance
- Stronger Heart
- More Energy



It helps make places safer

- Fewer Cars Near Schools
- Safer Roads and Car Parks
- More Walkers = Slower Cars
- Fewer Accidents



It's good for the planet

- Cleaner Air to Breathe
- Less Pollution
- Fewer Cars = More Space
- More Room for Trees
- Clean Water and Soil
- Better for All Living Things



It can be faster and save money

- Walking is Free
- No Petrol Needed
- Often Quicker Than Driving
- Parents Get to Work Faster