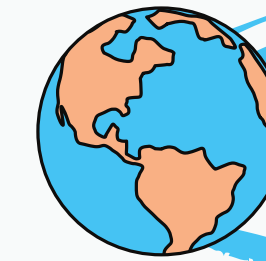


Why Active Travel is Awesome!



It's good for the planet

It's great for your body and mind

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



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

It helps make places safer

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

It can be faster and save money

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

