

# Active Travel

## Health & Wellbeing

Helps you stay healthy

Makes you stronger

Improves fitness

Builds muscles, bones, and balance

Feel more energetic

Sleep better



## Safer streets & communities

Improves road safety smarts

More Walkers = Slower Cars

School zones feel safer and friendlier

Fewer Crashes

Safer School Zones



## Protects the environment

Keeps the air cleaner

Cuts down harmful gases

More space for nature

Less pollution

Better for animals

Protects the climate

Healthier water and soil



**It's good for  
you and the  
planet**



## Costs less & saves time

Walking is free

No petrol needed

Quicker than driving

Less traffic

Smart use of time

Fast and flexible