

# Active Travel

## Health & Wellbeing

- Helps you stay healthy
- Makes you stronger
- Improves fitness
- Builds muscles, bones, and balance
- Feel more energetic
- Sleep better



## 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**

## Safer streets & communities

- Improves road safety
- More Walkers = Slower Cars
- School zones feel safer and friendlier
- Fewer Crashes
- Safer School Zones



## Costs less & saves time

- Walking is free
- No petrol needed
- Quicker than driving
- Less traffic
- Smart use of time
- Fast and flexible

