



# BENEFITS OF ACTIVE TRAVEL

- Save money on fuel and public transport
- Improve your wellbeing by adding physical activity to your daily routine
- Help the planet and your local community
- Save time – in busy cities, an active commute can be a quicker commute

## TOP TIPS!

- Plan your route
- Wear appropriate clothing and footwear
- Start small, perhaps plan a few journeys a week to begin with
- Have to use public transport? Try to get off a stop earlier
- Practice your route so you know how much time you need
- Check the weather forecast in advance
- Working from home? Do a 'fake commute' and take a walk, run, or cycle in the time you gain before you start work

