

Benefits of Active Travel

Feel fit!

Walking & cycling are great ways to get fit. Tax your thighs instead of your tyres!

Relax!

Being active is proven to reduce stress and anxiety. No need to worry about traffic jams and get there on time.

Savings!

Spend your money on you instead of your car. With rising fuel prices & parking rates it makes sense to think of travelling actively.

Good role model!

If you walk to the shops or walk some of the school journey with your child, there is a greater likelihood they will become active too. Instead of focusing on traffic, you have a great opportunity to spend some time with your child.

A healthier environment!

Walking & cycling leads to less cars on the road meaning safer surroundings, cleaner air and less noise for you & your family.

Get Active Going Places!

Travel Swap Shop

What I do now...

Drive to work 5 days

Drop the children at school gates

Stop at shops en route home

Drop & collect children from games

Can't cycle as I don't have a bicycle

What I could do...

Drive to work 3 days
Take the bus 2 days

Park the car 10 minutes from school gates and walk the rest of the way

For small items, walk to the shops at lunch time

Park up and go for a walk while I wait

Ask my employer about the bike to work scheme
www.biketowork.ie

It is not always possible to choose active travel, but even small changes can have a positive impact on your activity levels as well as helping the environment. For more information on steps you can take to lead a healthier, more active lifestyle log on to:

www.getirelandactive.ie

www.littlesteps.eu



Get active on your way

Promoting health through Active Travel



What is Active Travel?

Active Travel is using walking or cycling to make everyday journeys to work, to school or the shops. Active Travel is an easy and accessible way for people to build physical activity into their daily life.

Active Travel is for everyone, of all ages & abilities!



Regular physical activity is a great way to help you feel and look good!

Being active can lower your risk of heart disease, stroke, cancer, diabetes, osteoporosis and depression. Getting children active also reduces their risk of ill health as an adult.



Getting started!

If you are not already active it is important to build up gradually so start with bouts of 10 minutes. Even a little will make a difference!

Choice

Choose the mode of active travel that you feel most confident with. Walking is the easiest way for everyone to get active.

Be realistic

If you can't walk all the way to work/school perhaps walk as far as the bus stop. It all counts towards your 30 minutes a day.

Be prepared

Make sure you have the right equipment- rain gear, comfortable footwear, arm reflectors, cycling helmet, etc...

Safety

Become familiar with your route and know if it has good lighting, footpaths or cycle lanes.

How much is enough to improve health?

Adults need at least 30 minutes of moderate intensity activity on 5 days a week.

Children need at least 60 minutes of moderate to vigorous intensity activity every day.

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If you have a medical condition and are concerned about getting active, speak to your GP.