

ACTIVE TRANSPORT AND HEALTHY COMMUNITIES

What is Active Travel?

Active travel is making the deliberate decision to use your own physical power—walking, riding your bike, or scootering—to move around your local community. Instead of sitting in a car, you are choosing movement for short trips to places like the library, the park, or the shops. This choice is practical, healthy, and responsible.

The Real Benefits of Active Choices

When you choose active travel, you quickly gain several clear advantages:

1. Direct Health Advantage: You meet the need for daily physical activity which strengthens your heart and muscles. Importantly, movement before an activity like school boosts your energy and concentration levels, helping you focus better and feel mentally prepared.
2. Environmental and Community Impact: Every time a car stays parked, it means less pollution in our air. This makes your local environment cleaner and contributes directly to reducing community-wide emissions, supporting a healthier outcome for everyone.



How does active transport help people stay healthy?

How does it help the local community?

True or False: ✓ or ✗

_____ Active transport can reduce traffic near schools.

_____ Only children benefit from walking and riding.

_____ Fewer cars can mean cleaner air.

Think about the route to your local shops, park, or school. Is there a place that makes walking, riding, or scootering unsafe, difficult, or boring? Describe the problem in one sentence

(e.g., "There is nowhere safe to lock up my scooter at the park," or "The path ends too quickly at the busy road.")

Now design a solution