

Why not use some of your travel time to improve your health, save money and help the environment?

# Become a healthy travel 'champion'

We are looking for people who are keen to improve their own health, help the environment and help others to do so too

- 66% of trips are less than five miles; more than half of these are made by car.

5 miles is about a half hour cycle ride.



- 22% of trips are under one mile; 20% of which are made by car.

One mile is about 20 minutes' walk.



- Replace 3 x three mile each way car journeys with cycling each week and you could save;



✓ over £430; and

✓ over 170 kg of CO<sub>2</sub>.

Contact; Don Muir, Road Safety Partnership  
Cycling Co-ordinator

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