

ACTIVE TRAVEL

What is Active Travel?

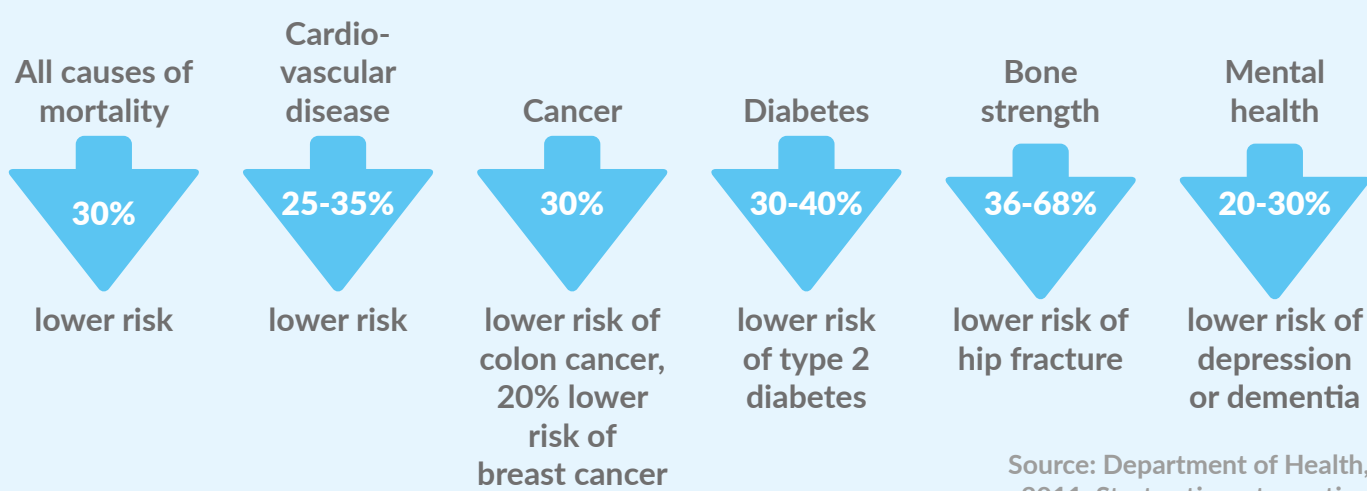
Active Travel means getting about using your own energy, whether that's by walking, jogging, cycling, or even roller-blading!



What are the benefits?

- It can save you money
- It improves mental health and wellbeing as it reduces stress and anxiety ¹
- It can reduce your exposure to air pollution by up to 5 times ²
- It helps your community, by reducing pollution ³
- It helps you to reach the recommended 150 minutes of weekly exercise, providing a multitude of health benefits (see panel below)
- It's a safer alternative to public transport in the Covid-19 pandemic
- It reconnects you to nature and the world around you
- You can get from A to B faster and more reliably, as you won't be affected by delays, cancellations, or traffic jams.
- Regular physical activity through Active Travel can boost productivity by 15%

How exercise reduces your risk of disease



Source: Department of Health, 2011, Start active, stay active

Avoid Pollution with Active Travel

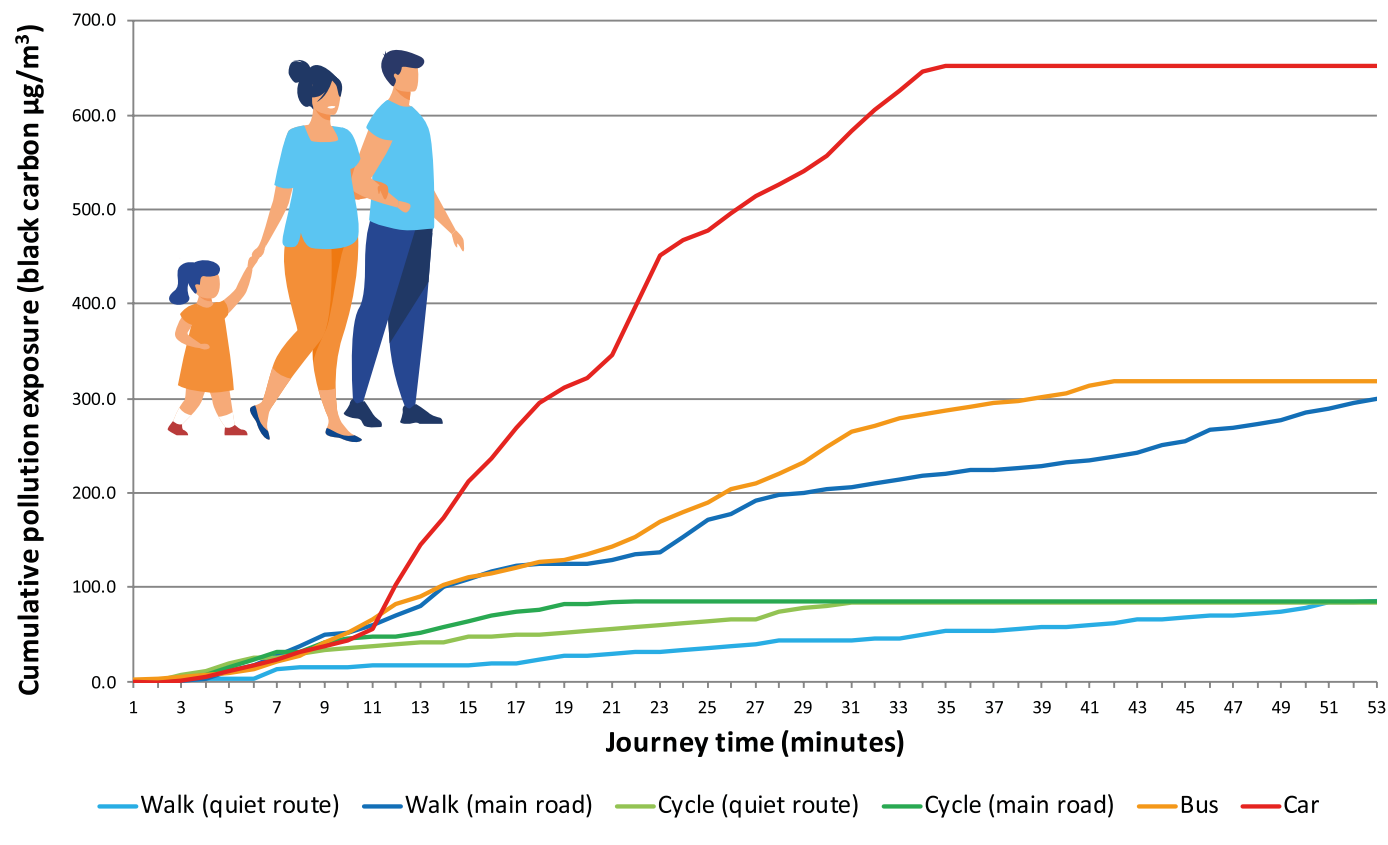
“Walkers and cyclists actually experienced less pollution than a person in a car”

In the UK, poor air quality is the largest environmental health risk ⁴ contributing to over 9000 premature deaths in London and creating both long and short-term health problems ⁵. Transport, a major polluter, is also responsible for 28% of the UK's greenhouse gas emissions ⁶.



While leaving the car at home will obviously help to reduce pollution, you might worry that walking or cycling will expose you to even more of London's fumes. But an experiment by the [Healthy Air Campaign](#) provided some surprising results - walkers and cyclists travelling the same route as a car actually experienced less pollution than the driver of the vehicle! ²

Cumulative pollution measured by each journey



All the participants travelled between the same start and finish points, but, as the graph shows, the driver was exposed to more than 6 times the pollution experienced by the cyclist and pedestrian using a quiet route, and inhaled over twice as much pollution as the person walking on main roads or the person on a bus. For walkers, using quiet streets instead of the main road cut exposure levels by two thirds.

Since the global lockdown, cities around the world are making way for sustainable and Active Travel. In May 2020, the Mayor of London and TFL announced the 'London Streetspace' programme ⁷. The programme is creating more low-traffic residential areas, wider footpaths, and new cycle lanes, making it easier than ever before to start walking and cycling ⁸.

CLEAN AIR ROUTE FINDER

Reduce your exposure to air pollution by using the [Clean Air Route Finder](#) developed by Cross River Partnership.

It's simple and easy to use and will show you the lowest pollution routes for walking or cycling, the journey time, and how much less pollution you will be exposed to.

I pledge to...



Taking up Active Travel doesn't have to be a huge commitment. Start small and build Active Travel into your daily routine - you'll soon see the benefits ⁹.

It can help to motivate you if you write down your plan. Why not choose one of the following ideas and make a pledge to yourself for cleaner air and a healthier you!

And don't forget to spread the word by clicking the icons below to tell others about your pledge and the benefits of Active Travel.

I pledge to

as it will benefit me by

1. Commit to just one day a week of Active Travel. As you see the benefits you can increase the number of days
2. Download a pedometer onto your phone and count your daily steps. Walk a little more each day until you reach 10,000 steps
3. Walk or cycle part of your journey to work or to the shops
4. Leave the car behind when making short trips
5. Get your bike out and check it over ready for that first ride
6. Be a more confident cyclist or learn to ride, by booking a free 1-1 cycling session with your local council (see link below)
7. Motivate your friends, family, or colleagues to use Active Travel more.



More information

- [Clean Air Route Finder](#)
- [1 to 1 cycling sessions](#)
- [Getting from A to B: Your Latest Travel Options Explained Toolkit](#)
- [Creating Parklets for Community and Business Resilience](#)
- [Healthy Streets Everyday Webpage](#)
- [All LiveShare toolkits and CAV case studies](#)



illustrations: pch.vectors

References

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2. www.healthyair.org.uk/healthiest-transport-option-video
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9. https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/523460/Working_Together_to_Promote_Active_Travel_A_briefing_for_local_authorities.pdf

This resource has been developed as part of the Clean Air Villages 3 project, funded by Defra's Air Quality Grant. CRP is proud to deliver this project with the following Local Authorities and Business Improvement Districts:

