



Transform your journey,
improve your day and
care for your community.



The school run is responsible for generating **half a million tonnes of CO₂** per year

Active travel helps to **improve air quality** and is good for the environment

↑↑ **Improve your health & happiness** – Active travel promotes **mindfulness** and helps to manage stress



Tackle climate change on your commute

Active travel is a fun and social way to catch up with friends and family, **supporting wellbeing and community connection**



X2 **15 MIN** JOURNEYS = **30 MIN**

Just 2 x 15 minute active journeys = 30 minutes of extra daily physical activity!

Choosing to walk, wheel or scoot to school can help you **arrive alert and ready to learn**



For more information on **Active Travel** and how you can transform your school commute contact: activetravel@activecumbria.org

Be part of it!

