



Be Active ON YOUR WAY TO WORK



Active travel is any type of travel to, from or within the workplace that involves physical activity. This includes walking, cycling, and incidental activity from public transport.

Active travel goes a long way to help you reach the recommended 150-300 minutes of moderate physical activity each week

Benefits of Active Travel:

- Greater opportunity to be active
- Better management of transport demands
- Reduced traffic
- Improved air quality
- Environmental sustainability
- Reduced risk of lifestyle diseases

For more details visit gethealthyatwork.com.au