



Let's Travel Actively!



Kyle & Lochalsh Community Trust



Creating a better future together



Let's Travel Actively!

Did You Know...

IF EVERY JOURNEY UNDER THREE MILES IN SCOTLAND IN 2019 WAS MADE BY ACTIVE TRAVEL, THIS WOULD SAVE AROUND A QUARTER (23-28%) OF CARBON EMISSIONS FROM CARS, RESEARCH BY SUSTRANS HAS FOUND. THIS EXCLUDES EMERGENCY VEHICLES AND CARS OWNED BY PEOPLE LIVING WITH DISABILITIES

EXERCISE IS A MOOD ENHANCER, AND CAN HELP TO REDUCE ANXIETY AND STRESS

WALKING CAN HELP PREVENT A RANGE OF HEALTH CONDITIONS, SUCH AS:

- HEART DISEASE
- STROKE
- TYPE 2 DIABETES
- OBESITY
- SOME CANCERS
- ALZHEIMER'S

ACTIVE TRAVEL CAN INCREASE THE CONCENTRATION OF CHILDREN BY UP TO FOUR HOURS

28%....

TRANSPORT ACCOUNTED FOR 28% OF GREENHOUSE GAS EMISSIONS IN 2021

41%

OF THESE TRANSPORT EMISSIONS, 41% CAME FROM CARS.

A 30 MINUTE QUICK WALK USES ABOUT 150 CALORIES – THE SAME AS 3 APPLES, A SLICE OF PIZZA OR A CREAM EGG



TOGETHER LET'S SPREAD THE MAGIC OF ACTIVE TRAVEL!

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Have a think...

WHAT THINGS ARE IMPORTANT TO REMEMBER WHEN TRAVELLING ANYWHERE BY FOOT, BICYCLE OR SCOOTER?

(HINT - THINK OF WHAT YOU HAVE TO WEAR, WHAT YOU HAVE TO LOOK OUT FOR, WHAT IS HAPPENING AROUND YOU)

1.

2.

3.

4.

5.

6.

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Have a think...

WHAT THINGS MAKE YOU WORRY OR FEEL UNSAFE ABOUT GOING PLACES BY FOOT, BICYCLE OR SCOOTER?
(HINT - THING ABOUT THE ROADS, TRAFFIC)

1.

2.

3.

4.

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6.

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Have a think...

WHAT ARE THE BENEFITS - THE GOOD THINGS - ABOUT GOING PLACES BY RUNNING, WALKING, CYCLING OR SCOOTING? WHAT DO YOU ENJOY ABOUT IT?

1.

2.

3.

4.

5.

6.

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Have a think...

WHY IS IT IMPORTANT THAT WE ALL TRY HARD TO LOOK AFTER OUR PLANET?

1.

2.

3.

4.

5.

6.

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Have a think...

CAN YOU THINK OF A FEW DIFFERENT WAYS YOU CAN BE KIND TO THE PLANET? THINK ABOUT HOW YOU TRAVEL, WHAT YOU DO WITH RUBBISH, WHAT YOU DO WITH TOYS AND BOOKS YOU DON'T USE ANYMORE.

1.

2.

3.

4.

5.

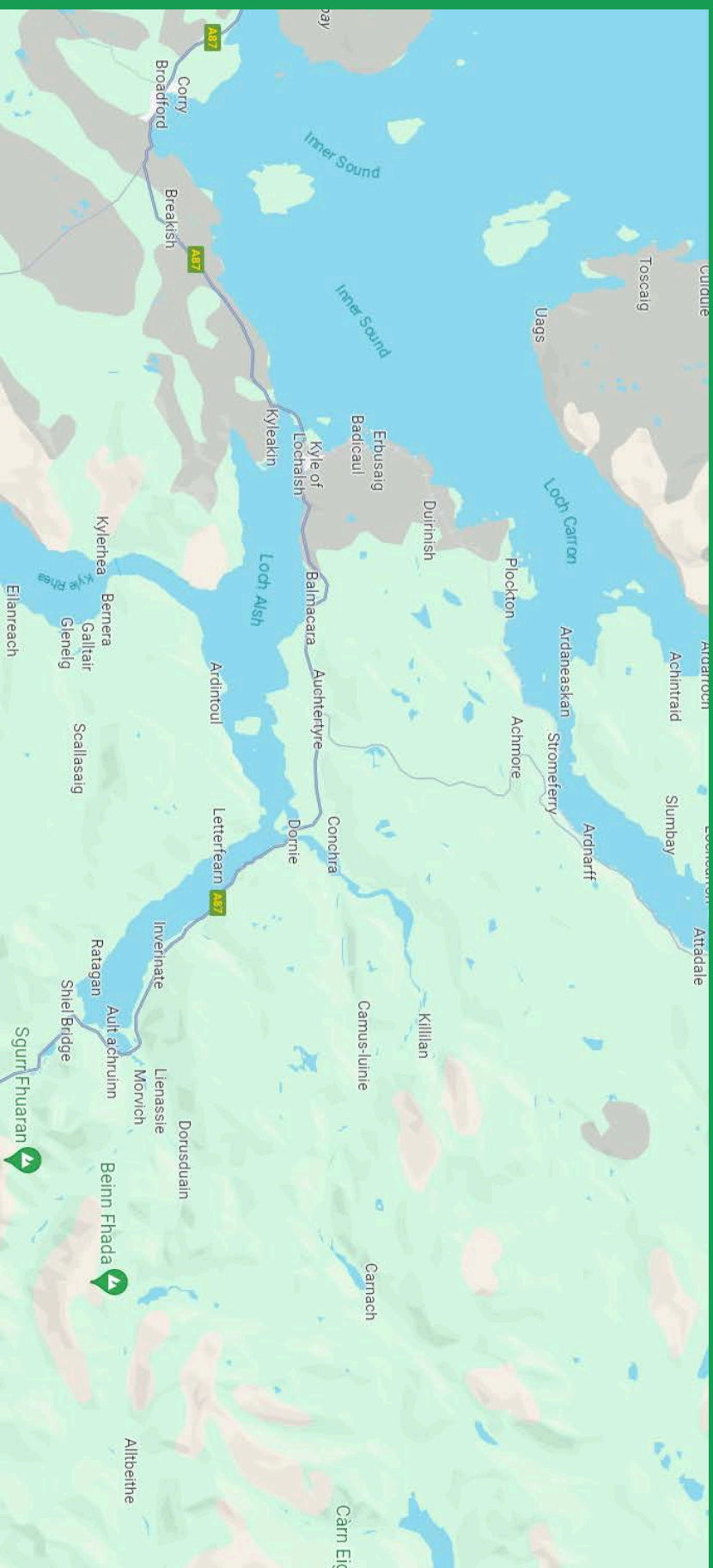
6.

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Can you find
where you live?

Can you find
where your school
is?

Can you find other places
where you go shopping or go
play sports?