Benefits of Active Travel

We're working with **Hull City Council** and **ModeShift STARS** to help get our students travelling more actively, whilst further developing our Travel Plan for the school.

Exercise causes the release of hormones called endorphins. These create a 'natural high' which makes you feel better and happier!

If you live near enough and are able, walking and cycling are great for reducing stress and tiredness, increasing your energy levels and improving your concentration...but these aren't the only benefits!

It takes roughly 20 minutes to walk or 8 minutes to cycle one mile!

Walking

Walking is one of the cheapest ways to get around and doesn't leave a carbon footprint, so it's ideal to help reduce air pollution and congestion outside of the school.

There are also a number of other great benefits:

	Beat the jam	You're in control, so you won't have the stress of traffic jams or a bus that is running late buses
	Stroll now, sleep later	Taking a walk in a green environment can reduce stress and lead to a better sleep the following night.
	Active body, active mind	Our brains can get tired from information overload, but walking can help improve brain function and promote creativity
	A daily dose of sunshine	Going for a short walk at lunchtime is a great way to get your fix of vitamin D, which is important for keeping our bones and our immune system healthy.
	Reduce your risk of disease	A short walk each day is a brilliant way to boost your activity and reduce the chance of heart disease, diabetes, and certain types of cancer.
	Free and Convenient	You can just get up and go when it suits you, and it won't cost you a penny on bus fares, fuel or parking!
	Hanging out time	You can walk with a friend and chat as you go
	Adventure	It's amazing what you might see and find just from taking a different route
	Improve your environment	Walking instead of driving means less pollution and better air quality
	Mental Health	walking can improve your mood, treat depression (it's as effective as medicines for mild depression), reduce stress and anxiety and build your self-esteem

Brisk walking that raises your heart-rate and makes you warm and slightly breathless is a great form of exercise. This helps you to get fitter so you will find it easier to be more active and get tired less quickly. You may feel more tired in the first week or two after you start, but if you keep it up, you'll probably find you soon have more energy than when you were inactive!

Cycling

Cycling is a great way to enjoy an active lifestyle and be healthier. Regular cycling can help you burn calories, reduce stress and anxiety and improve your sense of well-being.

Cycling is one of the easiest ways to fit exercise into your daily routine because it's also a form of transport. It saves you money on fuel and is good for the environment, by lowering air pollution.

As a way of getting around, cycling replaces time spent sitting in traffic

with healthy exercise and can often be a quicker way of reaching your destination!

Being out on your bike also helps you to meet new friends and neighbours, whilst also being able to appreciate nature and the outdoors. It's a fun way to explore the hidden treasures in our local area that you may not see from the car.

You'll soon feel the benefits.

> **A 20 minute bike ride is enough to burn off a chocolate bar!**

Good Cycling Code

- Cycle with care
- Always follow the Highway Code
- Follow the mantra 'ride it on the road, push it on the pavement'. Don't ride your bikes on the pathway unless there is a cycle lane.
- Be considerate to other users, and give way to pedestrians and horse riders
- Take particular care at junctions, when cycling downhill and on varying surface conditions
- Ride in single file on narrow or busy roads
- Always wear a helmet and high-vis clothing
- Cycle at a safe and responsible speed and cycle slowly where there is limited space and when you cannot see clearly ahead.

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