

Why use an exercise bike that's chained to the floor?



Why Walk, Why Cycle?

- **Feel good and have fun** – walking and cycling (especially with friends) is a great way to relax and have fun, and on top of that you'll be as fit as someone 10 years younger!
- **Stay healthy** – you can reduce the likelihood of many conditions including heart disease, diabetes and cancer by exercising regularly, as well as reduce the risk of becoming overweight
- **Spend your money on you instead of your car** – in addition to the price of fuel, did you know the average cost of maintaining a car each year is £273, compared with just £75 for a bike, and feet are free to use!
- **Feel less stressed** – regular exercise such as walking and cycling reduces stress and anxiety
- **Arrive fashionably early** – walking and cycling in towns and cities is quicker than car travel, and you won't need to worry about double yellow lines when you get to your destination
- **Be kind to the environment** – you are the ultimate source of renewable energy! Did you know that 2kg of carbon are saved for every short journey that is made on foot or by bike, instead of in a car?

Further Information

www.activetravelcymru.org.uk/toolkit

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www.sustrans.org.uk

Scheme co-ordinator details here



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