

“People who are physically active reduce their risk of developing major chronic diseases by up to 50%.”

Sir Liam Donaldson,
Chief Medical Officer



Active Travel ...the best way forward

Sustrans and Cycling Projects have started a new Active Travel project in Central Lancashire.

Out and About, with local partner support, aims to increase physical activity and well-being amongst inactive residents of Chorley and South Ribble.

This exciting project includes a range of activities to encourage people to walk & cycle as part of their everyday lives.

Out and About will offer:

- walks & cycle groups; bike **recycling** and **training**; route promotion
- work with target **groups under-represented** in walking & cycling such as people with disabilities and mental health issues
- work with **residents of deprived areas** at risk of illnesses related to under-activity, e.g. hypertension; obesity

For more on *Out and About*, contact Andrea Muirhead:
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