

“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 has started a new Active Travel project at Cobalt Business Park and in local communities.**

**Get Moving North Tyneside** aims to increase the number of people who walk or cycle to work, particularly those living in deprived areas.

In turn, the project aims to increase wellbeing in the community and reduce absenteeism by improving the health of employees.

### *Get Moving* will offer:

- improved walking & cycling **infrastructure** and route **information**
- guided **walks and rides**
- walk and cycle leader **training** and cycle maintenance training offered to volunteers
- a new **bicycle hire** scheme

For more on *Get Moving*, contact Emma Spence:  
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