

- 60% of men and 70% of women are so physically inactive that they risk heart disease, diabetes, stroke or obesity
- 22% of adults in the UK are obese
- Experts recommend that we take 30 minutes of exercise a day
- Regularly walking and cycling reduces the risk of heart disease (by 50%) and strokes (by 66%)
- The average person can:
Walk 1 mile in 20 minutes
Cycle 5 miles in 30 minutes
- A regular cyclist has the fitness level of someone 10 years younger
- Walkers and cyclists breathe in a third less fumes than drivers in traffic jams
- Cycling (at 10 – 20 mph) can be the fastest way to travel in urban peak hours
- The cost of cycling can be as little as 50p a day
- The average cost of driving is 40p to 50p a mile

Find out more...

Walking

Walking for Health Initiative

www.whi.org.uk

Portsmouth Healthy Walks

Health Improvement & Development Service
023 9284 1560

Cycling

CTC

www.ctc.org.uk

Sustrans

www.sustrans.org.uk

Impartial advice for new and potential cyclists

www.whycycle.co.uk

Portsmouth cycle routes map

023 9283 4092
www.portsmouth.gov.uk
transportpolicy@portsmouthcc.gov.uk

Safety

Suzy Lamplugh Trust

020 8392 1839
www.suzylamplugh.org

Highway Code

www.highwaycode.org.uk

Road Safety Officer

Portsmouth City Council
023 9283 4611
roadsafety@portsmouthcc.gov.uk

General

'Cutting your Car Use'

by Anna Semlyn
www.greenbooks.co.uk
01803 863260

SignPOST website

www.chamber.org.uk/signPOST

Cutting
your car use by just
one day a week
could help to cut
congestion
& **pollution**
by
20%

You can get all Portsmouth City Council information in translation, large print, Braille or on tape. Please call 023 9284 1332

For translated information please call:
Bengali answerphone service 023 9284 1651 or
Cantonese answerphone service 023 9284 1652

আপনি পোর্টসমাউথ সিটি কাউন্সিলের সকল তথ্যের
অনুবাদ, বড় অক্ষরে অথবা কেসেটে পেতে পারেন।

দয়াকরে বিস্তারিত জানার জন্য এই নাম্বারে
যোগাযোগ করুন 023 9284 1651

樸茨茅斯市政府的一切資料，
均備有翻譯本、大字書刊或
映音帶，如有需要，請致電
023 9284 1652



Feb 2006

Active Healthy Travel

Get active, get healthy
and help reduce
congestion and pollution



Fuel for
thought



Portsmouth
CITY COUNCIL

Fuel for thought

Cars are used for 18% of trips under 1 mile and 61% of trips between 1 and 2 miles

Short journeys by car are wasteful of energy and cause extra pollution. They can be replaced by more active travel, such as walking and cycling, which will help reduce congestion and pollution as well as bringing other benefits.

Walking and cycling can reduce the risk of:

Coronary heart disease

Stroke

Diabetes

High blood pressure

Bowel cancer

Alzheimer's disease

Osteoporosis

Arthritis

Anxiety & stress

They can also help with weight loss, improve stamina and confidence, increase aerobic fitness and life expectancy.

Less traffic on the roads will also mean safer, cleaner and quieter communities.

A fitter more active population will mean a reduction in the costs to society.



Walking

Walking forms part of every journey – even if we are simply walking from the car door to the front door.

- Walking causes no pollution
- Consumes few natural resources
- Is free and requires no special equipment
- Can be done by any age group
- Is safe with a low risk of injuries or accidents

Many local facilities are within easy reach by walking.

Cycling

Cycling is one of the least polluting forms of transport and one that most people can do.

- Cycling causes little or no pollution
- Easy and free to park
- Door to door journey time is predictable and more reliable
- Generally faster than most forms of transport for journeys at peak times
- Low cost local travel

There is a growing network of cycle routes and your local council will probably produce a cycle routes map of the area.

Walking and cycling can be combined with other means of transport, for example train or bus. They are both good forms of exercise as they are low cost and can easily be included in your day to day activities. They are very efficient forms of transport for shorter journeys.

How do I get started?

Aim to try walking or cycling just one day a week to start with. Talk to your doctor if you have any concerns about starting exercise.

- Try short journeys at first
- Take it at a slower pace to begin with
- Check out the best / safest route
- Ask someone who already walks or cycles to show you the best route
- Choose a day when it doesn't matter if you're a bit late
- Build walking or cycling into your daily routine such as the trip to work or school
- Make sure that your bike is roadworthy if you haven't used it for a while
- If you don't have a bike why not borrow or hire one to try it out first
- If you do buy a new bike get the best you can afford
- Consider buying extra equipment such as lights, locks, helmet and panniers at the same time if you are buying a new bike
- Consider taking part in a locally organised healthy walk or cycle ride to get you started

After a while you should aim to walk more briskly and cycle a little faster if you want to increase the health benefits.



www.sustrans.org.uk - J. Bewley/Sustrans

Safety

Safety is an issue for anyone taking up walking and cycling as you may feel more vulnerable for a number of reasons.

Take some simple precautions to ensure your safety.

- Choose your route carefully (for walkers well lit streets; for cyclists avoid the busy main roads and look out for potholes and poor road surfaces)
- Follow the Highway Code
- Wear appropriate clothing (both cyclists and walkers can benefit from reflective and fluorescent clothing)
- Get the right equipment and keep it in good working order
- Avoid potential danger spots (eg subways and alleyways at night)
- Look purposeful and competent
- Be aware of what is going on around you as you will be able to anticipate problems
- Make sure you use a good quality lock to secure your bike to a fixed object
- Consider getting some cycle training if necessary

