

TRAVEL TO

Go Smarter

Go Smarter encourages everyone to think about changing their behaviour to use more sustainable ways of travelling – like walking, cycling, using public transport and car sharing – on their daily journeys to work and school, helping to make those journeys healthier, cheaper and greener.

You can find out more – and use the Go Smarter journey planner – at gosmarter.co.uk

It only takes
ten minutes
to walk
1,000 steps

Go Smarter



If you live too far away to travel actively, why not make your car journey more environmentally-friendly... and cheaper!

Car sharing is a great alternative to travelling alone – you have company for your journey and could save money on petrol and parking by sharing the cost.

Or, how about learning to drive more economically? Eco driving courses can help you reduce your fuel consumption, save you money and help the environment.

Walking

Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. It's suitable for people of all ages and fitness levels so why not try doing it a little more? On average, it takes 20 minutes to walk a mile.

One in five journeys we make is shorter than a mile.

You can easily fit walking into your daily routine, even if you live more than a mile from your destination. **Why not try:** Getting off the bus a couple of stops earlier than you need to? Parking the car a little further away and continuing on foot? Or even try walking the full distance?

Take a break from traffic jams, parking and petrol costs and you'll be surprised how easy it is to develop new, healthier routines which get your day off to a good start, save you money and improve your wellbeing.



Cycling

Riding your bike to your destination is one of the easiest ways to get exercise into your daily routine. With the right equipment, cycling is suitable for most people of varying ages and abilities. It's a low-impact form of exercise, which means it helps you get fitter but is gentle on your joints.

Exercise improves your metabolism, releases endorphins and makes you feel good.

Plan your ride: download your local cycle map from gosmarter.co.uk/cyclemaps



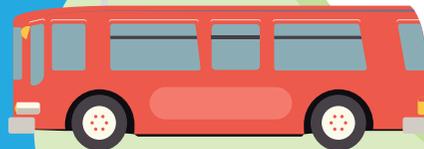
20 minutes of
leisurely cycling
burns around
100 calories

Public Transport

Taking the bus, train, ferry or Metro can be cheaper than using the car especially in urban areas where parking is restricted or expensive.

Opting to use more public transport is great for our environment too!

It means there is less congestion and pollution on our roads and encourages more active travel.



Go Smarter

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