

Why should Health Walk Coordinators promote active and sustainable travel?

Travelling in a more sustainable and active way benefits our health, our communities, and our environment.

That's why we'd like more of our Scottish Health Walk Network to leave the car at home more often for everyday journeys, including getting to weekly Health Walks.

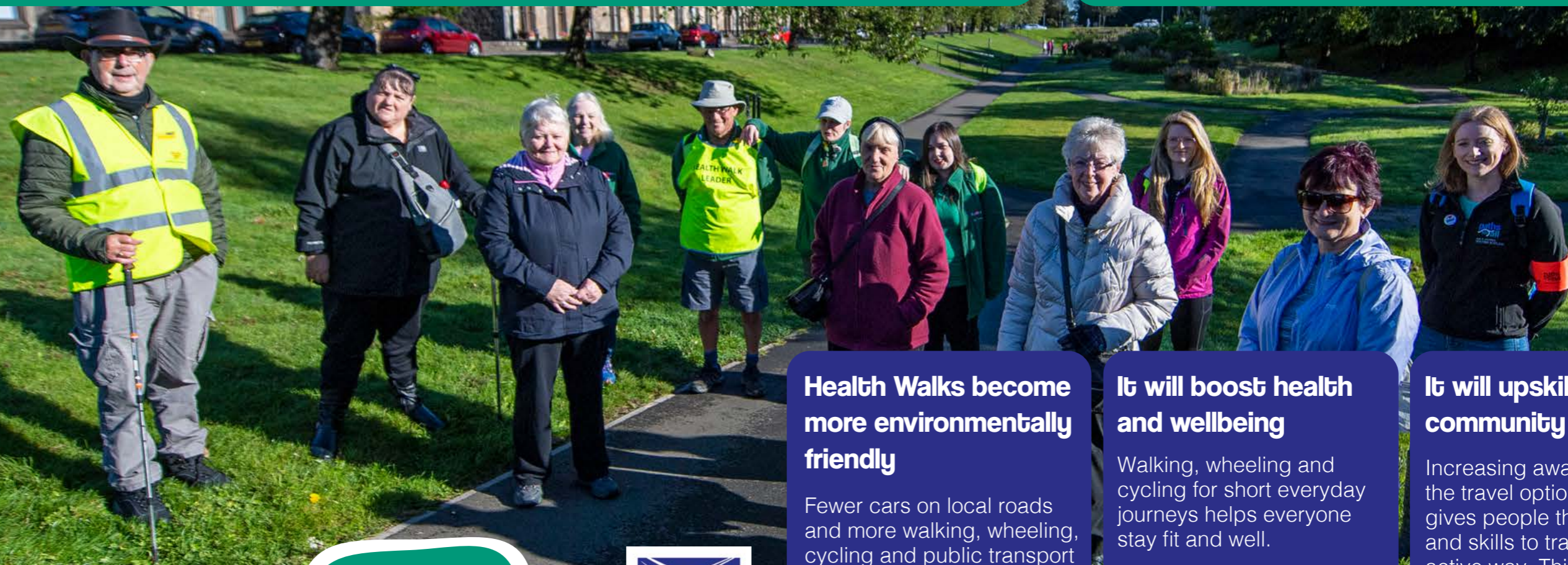
We think Health Walks Coordinators have an important role to play to help us make this happen. But why do it?

Here's a few of the benefits of promoting active and sustainable travel:

Health Walks become more accessible to more people

Considering public transport links when choosing walk times and locations could lead to more walkers attending your Health Walks and make your walks more accessible to more people. This is especially true if walks are currently only accessible by car.

Travelling to a Health Walk by foot or by public transport is also cheaper, so your walks could attract more people including those who don't own a car.



Health Walks become more environmentally friendly

Fewer cars on local roads and more walking, wheeling, cycling and public transport use will improve air quality, reduce congestion and cut carbon emissions to help us reach net-zero goals.

It will boost health and wellbeing

Walking, wheeling and cycling for short everyday journeys helps everyone stay fit and well.

Being outside in the fresh air, surrounded by nature, boosts mental wellbeing too.

It will upskill the community

Increasing awareness of all the travel options available gives people the confidence and skills to travel in a more active way. This can lead to people feeling more connected to where they live, and more people getting out to explore new areas in their community.

If you require this publication in an alternative format such as large print, coloured background, audio, Braille, an easy-to-understand version, or a language translation please email: communications@pathsforall.org.uk or phone: 01786 641851 Please provide your contact details along with the publication's title plus the format you require.

