

- ACTIVE U -
Take 20

ACTIVE TRAVEL



Take 20! Being active for at least 20 minutes every day can go a long way towards keeping you healthy.



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Making active travel choices can be an easy way to fit physical activity into your day and can help you gain further health benefits along the way.

It is recommended that all adults should aim to be active daily and over a week, physical activity should add up to at least 150 minutes (2½ hours) of moderate intensity activity, start with just an extra 20 minutes per day! Moderate intensity activity is any physical activity that gets you out of breath or raises your heartbeat.

Getting to work is one of the first opportunities of the day to make the choice in becoming more physically active. Active travel can take a little longer in rural areas, or its quicker in the city however, you may be surprised where you can swap the car or public transport for two legs or two wheels, your time being active soon adds up.

The day-to-day travel decisions you make can have a real impact on not only making your area a cleaner, greener place to live but can more importantly help you to be fitter, healthier, happier and wealthier.

Walking is one of the best and easiest ways to travel actively, giving you time to plan your thoughts and actions for the day ahead. Walking on your commute home can help to relieve stress and clear your head particularly, having a positive effect at the end of your day.

Here are a number of things you can try to help increase or implement active travel into your daily routine:

- Try parking further away in the car park, adding extra steps to your day is a small but effective way to start challenging your daily activity
- Stand during your train or bus journeys – remember to hold on for balance if needed
- Consider creating or joining a walking group to and from the train station, you could meet at a bus stop to make it easy for people to find each other
- Schedule walking meetings – with a clear meeting plan, it's surprisingly easy to walk and talk!
- Understand your energy levels. If you are energetic in the morning, schedule an extended morning walk. If your time is limited or you are energised in the evenings plan an activity straight after work, or during your walk home
- Try jogging to or from work or somewhere else that you go regularly, like a friend's house. You could start off with part of the journey and work up to the whole thing over a few weeks – you'll feel a great sense of achievement!