

Activity 1.2 – Categorise the facts and benefits of active travel

Read the statements below, then on the picture:

- + Highlight the health/wellbeing facts and benefits of active travel in yellow;
- + Highlight the environmental facts and benefits of active travel in green.

Health/wellbeing facts and benefits of active travel	Environmental facts and benefits of active travel
<ol style="list-style-type: none">1. The heart is the hardest working muscle in your body.2. Your heart beats about 100,000 times per day.3. Your heart is the size of your clenched fist.4. We each have more than 600 muscles in our body.5. People who are fit have stronger immunity.6. Aerobic activity helps boost memory.7. You sleep better at night with regular exercise.8. Exercise is a stress buster!9. Muscles, bones, and joints grow stronger with exercise.10. Walking to school with a friend is fun – friendship is good for mental wellbeing.11. 20 minutes of exercise before school helps you concentrate and learn better... for the whole day!12. Physical activity produces “feel good” chemicals called endorphins.	<ol style="list-style-type: none">1. One bus only takes up the same space of three cars on the road.2. 10 to 20 bikes can park in one car space.3. About half a million Kiwi students drive or are driven to school each day.4. Transport produces one quarter of global CO₂ emissions.5. Car pollution contributes to global warming, which is the gradual increase of Earth’s temperature.6. Most cars burn fossil fuels.7. An estimated 7 million people die worldwide from air pollution-related illnesses every year.8. A third of all car trips in NZ are less than 2km - that’s walking or cycling distance!9. Active travel helps the environment.10. Walking to school doesn’t cost you or the environment a thing!11. Active travel helps the environment.12. Fewer cars on the road means less traffic danger around schools.





ONE BUS ONLY TAKES UP THE SPACE OF THREE CARS ON THE ROAD



Yeet



Active travel is the best way to reduce road congestion



STRONGER WHO GET FIT HAVE PEOPLE WHO ARE FIT HAVE STRONGER FRIENDSHIPS



NOT GOING FAR? LEAVE THE CAR!



ACTIVE TRAVEL HELPS THE ENVIRONMENT

Travelwise



Car pollution contributes to global warming which is the gradual increase of Earth's temperature



READY TO RIDE!



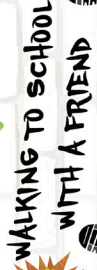
BIKES CAN PARK IN ONE CAR SPACE!



STRONGER WHO GET FIT HAVE PEOPLE WHO ARE FIT HAVE STRONGER FRIENDSHIPS



TE WHAI! means welcome!



WALKING TO SCHOOL WITH A FRIEND IS FUN & FRIENDSHIP IS GOOD FOR MENTAL WELLBEING



WALKING OR CYCLING DISTANCE!

YOU SLEEP BETTER AT NIGHT WITH REGULAR EXERCISE



WALKING TO SCHOOL DOESN'T COST YOU OR THE ENVIRONMENT A THING!

GET ACTIVE, GO GREEN, THINK SAFE!

APPROXIMATELY 7 MILLION PEOPLE WORLDWIDE DIE FROM AIR POLLUTION RELATED ILLNESSES EVERY YEAR

20 MINUTES EXERCISE BEFORE SCHOOL HELPS YOU CONCENTRATE AND LEARN BETTER FOR THE WHOLE DAY!



Exercise produces "feel good" chemicals called endorphins



Exercise produces "feel good" chemicals called endorphins

Aerobic activity helps boost memory



YOUR HEART BEATS 100,000 TIMES A DAY!



Transport produces one quarter of global carbon dioxide (CO2) emissions

We each have more than 600 muscles in our body!

EXERCISE IS A STRESS BUSTER!

EXERCISE IS A STRESS BUSTER!

MEANS LESS TRAFFIC DANGER AROUND SCHOOLS

THE HEART IS THE HARDEST WORKING MUSCLE IN YOUR BODY

Brum!

MOST CARS BURN FOSSIL FUELS

Transport produces one quarter of global carbon dioxide (CO2) emissions



ABOUT HALF A MILLION KIWI STUDENTS DRIVE OR ARE DRIVEN TO SCHOOL EACH DAY

CLEAR THE AIR!



RIDE ON!

