

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





