

The Commuting Choices

The Healthy Walking Alternative

With thanks to the smarter choices team
at **Hampshire County Council**

Many short car trips do not need to be done by car.

Nationally:

- 18% of trips under 1 mile are made by car
- 61% of all trips of 1 to 2 miles are made by car



Walking is the cheapest and (probably) healthiest mode of travel.

It is better than low salt diets for lowering blood pressure.

It increases bone mass and reduces fat.



For further information on how you can “walk your way to health” visit the websites of

- Living Streets (<http://www.livingstreets.org.uk/>)
- Sustrans (<http://www.sustrans.org.uk/>)
- The Ramblers Association
(<http://www.ramblers.org.uk/>)