



ACTIVE TRAVEL CHALLENGE



**Get Active
Week
June 2019**

#GetMeActiveNI



**of brisk walking
every day
can reduce
stress**



Even a short walk can help reduce stress and improve your mood. Give your mental health a boost by hopping off the bus or train a couple of stops early and walking the rest of the way to work.

It's not too late to join the active travel challenge!

Register at atc.getmeactive.org.uk and log your journeys to be in with a chance of winning prizes.