



Get Active  
**Week**  
June 2019

#GetMeActiveNI

Reduce your risk of cancer,  
heart disease and premature death  
by over

**40%** 

Compared to a non-active commute,  
cycling to work can reduce your risk of cancer,  
heart disease and premature death by over 40%.

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

Register at [atc.getmeactive.org.uk](https://atc.getmeactive.org.uk)  
and log your journeys to be in with a chance  
of winning prizes.