



ACTIVE TRAVEL CHALLENGE



**Get Active
Week
June 2019**

#GetMeActiveNI

Being active

reduces risk of:
some cancers;
heart disease;
stroke; and
respiratory
conditions



improves:
mental health;
energy levels;
and sleep



**Being active helps keep you healthy, now and in the future.
Make active travel part of your routine - cycle to work
or take a brisk walk to the bus stop.**

**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.**