



Sustainable Transport

As part of our very busy lives, travelling around is essential but how we get there is just as important. By thinking about how we travel and then making small changes, we can make a difference to our health, our pockets and the environment.

Individuals

Tick when complete

- If possible, buy newspapers, milk and bread from the local shop. It's quicker, cheaper, you'll only buy what you need and it helps local businesses.
- Why not try walking or cycling on journeys that are under a mile? It will save you money and improve your physical and mental health.
- Cycle into town and take advantage of free secure parking at Middlesbrough Cycle Centre at the Bus Station, 01642 219620.
- If a journey is too far to walk or cycle, try combining it with using a bus or a train.
- Walk or cycle to work with a colleague - it's safer, less stressful and good for catching up.
- If making more than one journey by bus or train, buy a saver ticket - they are much cheaper.
- Join a walking group specific to your age group and needs - it will improve your fitness and you might make new friends.
- Details of health walks can be found at www.walkingforhealth.org.uk or contact MEC on 01642 243183



Families

Tick when complete

- Take regular family walks - it's a great way to spend time together and keep fit. Walks can be downloaded from our website at www.mencity.org.uk/opm/resources/.
- Encourage children to help you walk the dog (if you have one).
- Let children walk, cycle or scoot to school - they'll be more alert, it reduces the risk of obesity and makes school entrances safer and less congested.
- Go on a nature walk to spot wildlife. It's free and entertains the children. Download sheets at www.wildlifewatch.org.uk/spotting-sheets.
- Use cycle routes to visit local attractions - it will save you money and it's good fun. Routes can be downloaded from our website at www.mencity.org.uk/opm/resources/.
- Plan journeys using a travel planner www.jplanner.travelinenortheast.info.

Car users

- Park a few streets away from your child's school and walk in. This will ease congestion at the school gates making it safer for everyone.
- Park outside town centres and walk in or use a park and ride facility.
- Combine tasks so you only need to make one journey. This will save time and money.
- Follow eco-driving tips - don't carry unnecessary weight in your car, car share, inflate tyres to the correct pressure and switch off air conditioning. See more at www.energysavingtrust.org.uk/Travel/Driving.

Find out how sustainable you are at www.surveymonkey.com/s/one_planet_middlesbrough

**For further advice www.mencity.org.uk • 01642 243183
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