

ACTIVE TRANSPORT

Active transport is any physical activity that is undertaken as a means of transport and not solely as a recreational activity.¹ It is a great way to keep healthy and fit, save money and reduce your impact on the environment.

Active transport includes walking, cycling, skating and any incidental activity associated with the use of public transport.

Using active transport is an easy way to be physically active and can help you include 30 minutes of physical activity in your work day.

Benefits of active transport

Some potential benefits of using active transport are:

- enhanced health – active transport has been shown to improve health, motivation and wellbeing
- reduced traffic congestion
- improved air quality along the transport corridor – walking and cycling are pollution free and energy efficient
- reduced costs associated with roads, parking facilities, traffic congestion, vehicle accidents and environmental damage
- enhanced interaction with neighbours and the wider community.



Tips to incorporate active transport into your work day

- **Walk to work:** Walk to work if you live within a reasonable distance of your workplace. Walk part of the way if walking the whole way is difficult or takes too long.
- **Ride your bike to work:** Investigate the best cycling routes, talk to other bike riders at your workplace, and find out about safe storage of your bike while at work.
- **Use public transport:** Plan your bus travel by going to www.transport.nt.gov.au/public/journey-planner
- **Bus and walk:** Get off the bus a few stops earlier to walk the rest of the way to work.
- **Try new things:** Find new ways to incorporate active travel into your work day, for example, walk to meetings instead of driving, take the stairs instead of the lift, or park 15 minutes from work and walk the rest of the way.

Adapted from the Queensland Government Main Roads Fact Sheet #5: Active transport

References

1. Victorian Government 2007, *Fact sheet: Active transport*, VicHealth, Melbourne, Victoria.