

Tuesday, 18 June 2019

[Health and Social Wellbeing Improvement](#)

atc
ACTIVE TRAVEL CHALLENGE

JUNE
24-30
Get Active
Week
June 2019

#GetMeActiveNI

It all adds up

Cycling to work or a brisk walk to catch the bus or train - it all counts. Aiming for 150 minutes physical activity a week is a great target, but any extra activity will benefit your health.

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.

Infrastructure Public Health Agency Translink

These six posters were produced to support Week 4 of the Active Travel Challenge 2019. The Active Travel Challenge encourages people to combine walking or cycling with public transport to increase physical activity levels and reduce car journeys. The posters outline some of the health benefits of active travel and encourage people to make physical activity a regular part of their daily lives.

If you are an employer and you want to encourage your staff to participate in the ATC, please print and display these resources in your workplace.

Details

Format

A3 posters, PDF only

Target group

General public

Downloads

Attachment	Size
Active Travel A3 Posters 06_19 all_adds_up final.pdf	117.46 KB
Active Travel A3 Posters 06_19 walking final.pdf	108.82 KB
Active Travel A3 Posters 06_19 cycling final.pdf	108.71 KB
Active Travel A3 Posters 06_19 10 minutes final.pdf	111.35 KB
Active Travel A3 Posters 06_19 stairs final.pdf	179.44 KB
Active Travel A3 Posters 06_19 health benefits final.pdf	108.34 KB

Tags

- [Physical activity](#)
- [active](#)
- [walking](#)
- [cycling](#)

[Print](#)