

By including an **active travel** element, such as walking or cycling, to our journeys and incorporating physical activity into everyday tasks, the need to find extra time, money or motivation for exercise is reduced.

The current UK guidelines for physical activity recommend adults aged 19 years+ take a minimum of 150 minutes moderate intensity activity per week – around 20 minutes a day.

Last year 34% of adults did not meet the guidelines of physical activity requirement*.

The daily use of vehicles does not involve any significant physical exercise which, combined with a generally sedentary lifestyle, significantly increase risk of obesity and ill health. Walking and cycling are recommended due to the health benefits associated with increased physical activity.

* Moderate or Vigorous Physical Activity Guidelines

** www.sustrans.org

Find out more about your local:

East Lothian on the Move
www.eastlothian.gov.uk/onthemove

Health & wellbeing walks
www.activeeastlothian.co.uk

Cycle routes
www.eastlothian.gov.uk/cycleroutes

Sport & leisure
www.eastlothian.gov.uk/sportandleisure

East Lothian
Health & Social Care Partnership



Let's get active Dunbar!

Discover the health benefits of active travel




East Lothian
Council



East Lothian on the Move

The route to smarter travel

ACTIVE TRAVEL ▶ Health Benefits

Keeping active is essential for good health, both mental and physical.

▶ **DID YOU KNOW?** Regular exercise prevents serious long-term health conditions including:

- ▶ Heart disease ▶ Asthma ▶ Diabetes
- ▶ Obesity ▶ Cancer

Walk & cycle to:

- ✓ improve sleep
- ✓ Maintain healthy weight
- ✓ Manage stress
- ✓ Boost your immune system
- ✓ Reduce pollution
- ✓ increase overall physical fitness

Reducing your chances of:

- ✓ Type II Diabetes **by 40%**
- ✓ Cardiovascular disease **by 35%**
- ✓ Low mood **by 30%**
- ✓ Joint and back pain **by 25%**
- ✓ Breast and colon cancer **by 20%**

Cycling three hours or 30 kilometres per week **halves** your risk of heart disease and strokes



ACTIVE TRAVEL ▶ Walking

Walking is a simple and cost-effective way to make short journeys and has many health benefits. It's also a great way to explore your local area! For most people it takes 15 to 20 minutes to walk 1 mile at a moderate pace.

▶ **DID YOU KNOW?** A brisk 10 minute walk counts towards your recommended 150 minutes of weekly exercise. Find the best route to get around your local area at: www.google.com/maps

ACTIVE TRAVEL ▶ Cycling

For most people it takes around 10 minutes to cycle 2 miles. East Lothian's cycling network offers great opportunities to get out and about.

▶ **DID YOU KNOW?** A 20 minute bike ride to work uses the same amount of calories as a cappuccino, a bar of chocolate or a 175ml glass of wine**.

Plan a cycling journey at www.cyclestreets.net

DUNBAR CORE PATHS & CYCLING ROUTES

