

Benefits of walking on Clean Air Day

There are many things we can do to decrease air pollution, and this Clean Air Day we are focusing on the impactful action of walking short distance trips and leaving the car at home, where possible. There are many benefits to your physical health, mental health and the planet. Plus it's free! A simple action like walking more can help to reduce air pollution which will have massive benefits to your health and the planet:



1. Increases life expectancy



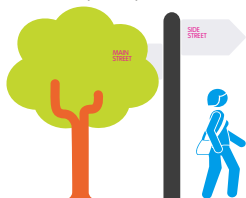
Decreasing your exposure to harmful particulates means living a longer and healthier life and reduces the likelihood of developing long term health conditions.

2. Better physical and mental health



Choosing active travel (walking or cycling) means we are able to build in exercise into everyday life, which has both physical and mental health benefits.

3. More people-friendly streets



Streets that are designed around people rather than traffic, create community and are better places for people and children to play and meet.

4. Fewer number of cars on the road



With traffic being one of the leading causes of deaths for children worldwide, removing road danger from our streets will reduce road traffic accidents.

5. Helps the climate emergency



Creating less polluted and greener streets is also an important part of the solution to the climate emergency, where approximately a quarter of emissions are produced by transport.

Tips to get walking

1. Plan ahead - use a map or app to search the best route before you set off.
2. Build it up - start with shorter distances and increase it as you get more confident and fitter.
3. Be weather prepared - don't be put off by rain - grab your raincoat and umbrella! Sunny? Get your hat and suncream.
4. Wear comfortable shoes - such as trainers or boots to ensure your journey doesn't cause any unnecessary pain to your feet.
5. Connect while you walk - listen to a podcast or music, or even call someone you've been meaning to catch up with for a while. But have the volume low enough to hear oncoming traffic and stay alert to your surroundings.

Our favourite resources

- [Clean Air Day walking playlist](#): try our recommended music tracks to listen to whilst you walk.

- Letter template to your MP or Councillor: use this to ask local and national decision makers for what would make it easier to walk more and have clean air in your community.

- Get involved with Living Streets [Walk to School Week](#).

The fun and engaging week-long activity for primary schools to help pupils experience first-hand the importance of walking to school.

- Get involved with Living Streets [National Walking Month](#) with #Try20 - walk for 20 minutes each day during May.

- To make walking more accessible for everyone, try [Sustrans walking and cycling resources](#).

- Download DHSC's [Active 10](#) app which will help you track your walking, set goals and see how far you've come on your walking journey.



For more information on how air pollution can affect you, and how you can protect your health visit

www.cleanairhub.org.uk

