

## TRAVEL TO

# Go Smarter to work

Go Smarter to Work advises businesses and employees on how to travel sustainably – like walking, cycling and using public transport – on the journey to and from work. Changing the way you travel to work has great benefits for the employee and the business.

People who are active feel fresher and healthier for the working day – and are less likely to take time off sick and are likely to be more productive.

It only takes ten minutes to walk 1,000 steps



## Driving

If you live a little too far away to travel actively, why not make your car journey more sustainable?

Car sharing is a great alternative to travelling to work alone – you have company for your journey and could save money on petrol and parking by sharing the cost.

If car sharing isn't for you, how about learning to drive more economically? Eco driving courses focus on reducing fuel consumption in built-up areas where speeds are lower.

The courses also highlight the importance of planning ahead and making better choices.

## Walking

Walking is simple and free. It's one of the easiest ways to get more active, lose weight and become healthier. It's suitable for people of all ages and fitness levels so why not try doing it a little more?

**One in five journeys is less than a mile... it only takes 20 minutes to walk a mile!**

Walking is easy to fit into your daily routine, even if you live more than a mile from work. **Why not try:** Getting off the bus a couple of stops earlier than you need to? Parking the car a little further away and continue on foot? You could even try walking the full distance to work. Plan your walk to work at [gosmarter.co.uk/journey-planner](https://gosmarter.co.uk/journey-planner)

Take a break from traffic jams, parking and petrol costs. You'll be surprised how easy it is to develop new, healthier routines which get your day off to a good start, save you money and improve your wellbeing.

## Cycling

Riding your bike to work is one of the easiest ways to fit exercise into your daily routine. With the right equipment, cycling is suitable for most people of varying ages and abilities. It's a low-impact form of exercise, which means it helps you get fitter but is gentle on your joints.

**Exercise improves your metabolism, releases endorphins and makes you feel good.**

Plan your ride to work: download your local cycle map from [gosmarter.co.uk/cycle-maps](https://gosmarter.co.uk/cycle-maps)

## Public Transport

Taking the bus, train, ferry or Metro can be cheaper than using the car, especially in urban areas where parking is restricted or expensive.

Opting to use more public transport is great for our environment too! It means there's less pollution and congestion on our roads and encourages more active travel.

**Morning exercise improves your mood, lowers stress and increases concentration!**



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