

# ACTIVE TRAVEL



# INTRODUCTION



Active travel provides the easiest, most affordable and inclusive way for employees to get active and lead healthier lives. Active travel can be used as an alternative mode of transport, especially for shorter distance journeys.

Ways of travelling actively could include:



Walking



Cycling



Scotting



Running



Skateboarding



Roller Skating

Find Your Active: Workplace Edition believes that this choice can be made by all employees and there are many initiatives employers can adopt to help make this easier.

**43% of car trips in Essex are under 3 miles, a journey which could for many people be made on foot (30mins) or on a bike (15mins)**

This toolkit has been created to showcase the many opportunities and ways workplaces can encourage active travel, by providing easy to access information and support. Choosing to travel more actively, means you can adopt a healthier lifestyle without having to commit to organised sport.



# BENEFITS TO ACTIVE TRAVEL

Walking and cycling are the most effective ways to promote routine physical activity. In general terms fitter, healthier employees benefit their employer. So what are the benefits to active travel?



## Congestion

Travelling using active modes of transport, helps to improve air quality and noise pollution, improving human health



## Health

Being active doesn't have to mean intense sport. simply parking the car further away from work or cycling the children to school can have huge impacts on your physical health.



## Environment

Using active travel methods supports the work to reduce climate change and carbon production



## Cost Efficient

With the rising cost of living, travel actively on shorter journeys to help save on fuel and car parking costs



## Mental Wellbeing

The NHS have stated that regular movement can protect against anxiety and depression, and being outside helps to reduce stress levels and clear your mind.



## Mood

Helps energise employees for the day ahead and unwind after the work day, as well as boost staff morale



90%

of Essex residents were concerned about traffic congestion, air pollution and road safety, as stated in recent consultations by Safer Greener Healthier

£6.6bn

The annual cost of physical activity to UK businesses. Therefore encouraging your employees to travel actively can help to reduce sick days and improve energy levels amongst staff.

# FIND YOUR ACTIVE COMMUTE



Workplaces, it's time to Find Your Active Commute! We've got plenty of initiatives and resources to help your business travel actively to and from work, as well as further opportunities to help you lead a healthier lifestyle.

## Go Jauntly



A walking app for everyday outdoor adventures. Discover walking routes and join in walking challenges with your workplace.

[Click here](#)

## Working Well



Helps businesses with free workplace health and wellbeing support. Includes training and programmes on setting up active travel initiatives.

[Click here](#)

## BTC



Build friendly competition through step/cycle challenges. Work as a team or individually to help provide focus and encouragement for active travel.

[Click here](#)

## Gamification



Use the power of technology to bring colleagues together for virtual challenges, where you can explore your local area and gain regular prizes.

[Click here](#)

## Fake Commute



With more people working from home since the pandemic, use the previous commuting time to get active and go for a short walk. As an employer, encourage your employees to adopt a fake commute to help energise, enhance motivation and improve concentration levels.

[Take a look at Forward Motions challenges here](#)

## Incentives & Prizes



Encouraging healthy competition between colleagues, helps to create an atmosphere where employees feel safe and supported. Incentivisation is a great way to encourage participation with prizes and rewards, alongside regular challenges to ensure everyone is involved.

# SUPPORT



There is lots of support on offer for both workplaces and staff to help ensure travelling actively is as accessible and inclusive as possible. Explore the routes below.



The Bike2Work Scheme is a free employee benefit approved by the government, designed to get more people cycling to work and living healthier lives. Employees save up to 48.25% on the cost of bikes and equipment.

[See how it works here](#)



The Cycle Friendly Employer Accreditation is the international benchmark for active travel culture and infrastructure in the workplace. It shows the world that when it comes to climate change and staff well-being, your business means business

[Click here to read more](#)

Cycling UK have also recently announced the return of the Bike Bike Revival for workplaces. Cycling UK are offering workplaces free Dr Bike sessions and events which will help support employees to safely ride their bike for active travel. For further information or to sign up email: [bigbikerevival@cyclenguk.org](mailto:bigbikerevival@cyclenguk.org)



This new campaign aims to deliver and enable safer, greener and healthier travel for current and future users of the transport network in Essex. With resources, guidance and the Smarter Travel for Essex Networks (STEN) Safer Greener Healthier can help businesses prepare, promote and encourage active and sustainable travel. Take a look below, to sign up and receive support and advice on creating an active travel plan for your workplace.

[Explore more here](#)



Sustrans works with hundreds of employers across the UK to support them in reducing single-occupancy car journeys commutes to and from work, and business travel.

[Click here to read more](#)

