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| --- | --- |
| **Individuals** | **Families** |
| **Communities** | **The Planet** |

**A Table to Show Who Active Travel Benefits**



|  |  |
| --- | --- |
| Reduced anxiety and stress | Reduced social  isolation |
| More time to converse | Less noise pollution |
| Reduced road traffic collisions | Lower economic cost to NHS |
| Improved physical health | Improved  relationships |
| Reduced air pollution | More time to chat and converse |
| Less car congestion | Children increased  academic performance in school |
| Increases  concentration | Cheaper |
| Increase in spending in local shops | Less carbon emissions |