|  |  |
| --- | --- |
| **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 |