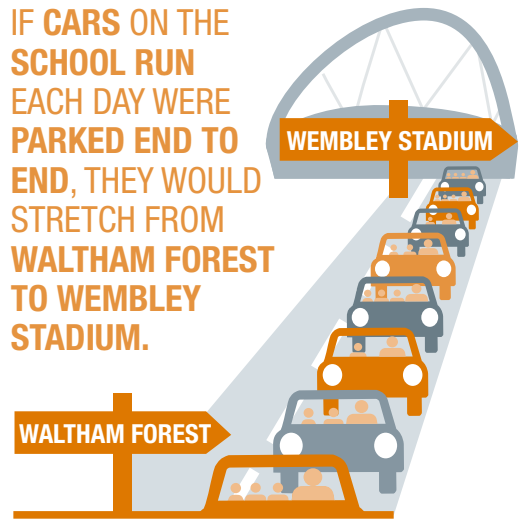




1/4 OF PRIMARY SCHOOL CHILDREN IN WALTHAM FOREST ARE CLASSIFIED AS OBESE.

IF CARS ON THE SCHOOL RUN EACH DAY WERE PARKED END TO END, THEY WOULD STRETCH FROM WALTHAM FOREST TO WEMBLEY STADIUM.



BEING PHYSICALLY ACTIVE REDUCES YOUR CHANCES OF CHRONIC DISEASES BY **50%**

WALKING RELEASES MOOD BOOSTING ENDORPHINS THAT LIFT YOUR MOOD.



PEOPLE WHO CYCLE TAKE **15%** ↓



FEWER DAYS OFF WORK THROUGH ILLNESS PER YEAR.



AIR POLLUTION LEVELS ARE HIGHEST IN A CAR

AND LOWEST WHEN CYCLING OR WALKING.

