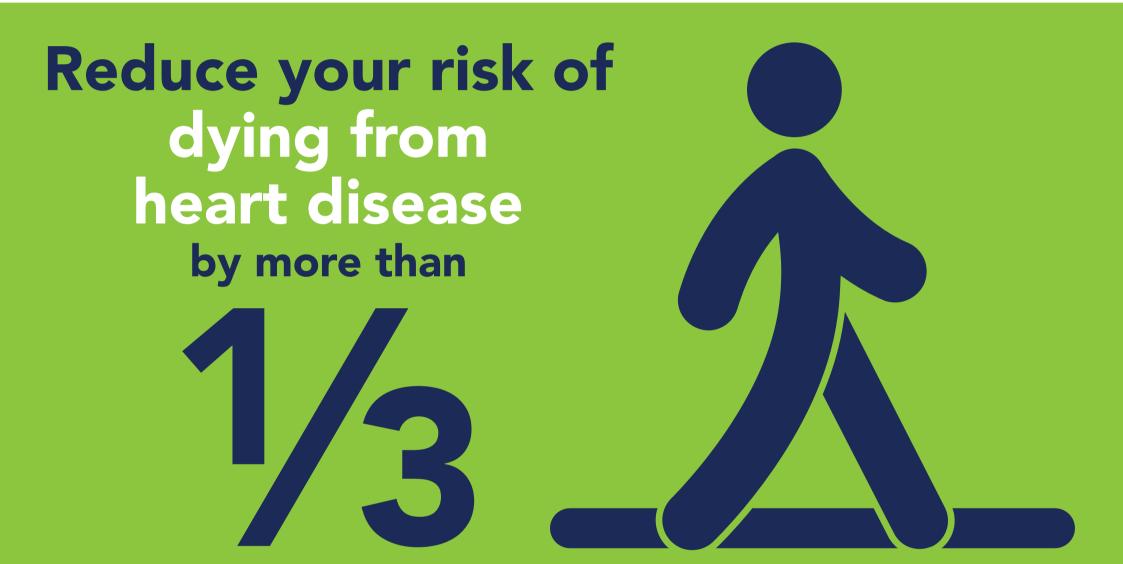




#GetMeActiveNI

ACTIVE TRAVEL CHALLENGE



Compared to a non-active commute, walking to work can reduce your risk of dying from

heart disease by more than a third.

It's not too late to join the active travel challenge!

Register at atc.getmeactive.org.uk and log your journeys to be in with a chance of winning prizes.







