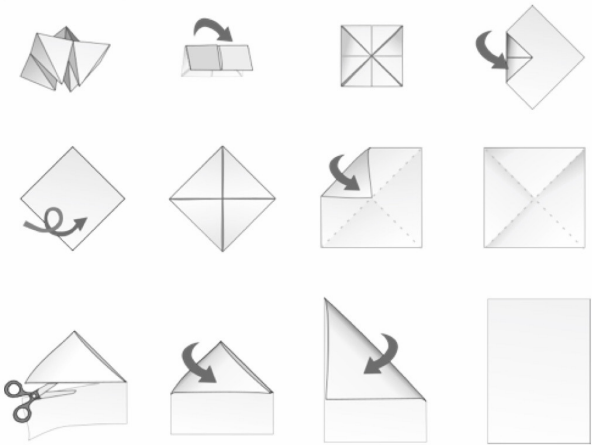


cleaner air choices



Public Domain  
File:Fortuneteller mgx.svg  
Created: 5 September 2009

www.claircity.eu

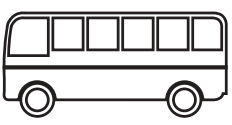
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cut along the line

\*\*Professor sir David King writing for The Guardian 12 June 2017

\*Pope et al (2009) "Cardiovascular mortality and exposure to airbourne fine particulate matter and cigarette smoke".

NOA



Taking public transport reduces air pollution. Travelling together is part of city life.



Cars are the main cause of air pollution in Bristol. If you can, walk part of your journey.



Walking is the best possible choice for your health. A brisk 10-min walk has lots of health benefits.



2/3 of all journeys in a car are less than 5 miles = 20 mins cycling. Cycling is quick!

CHANGE

Go to [www.walkit](http://www.walkit) to plan your best route (It gives info on calorie burn, step count and carbon saving.)



Avoid air pollution choosing quieter routes. For a child in Bristol air pollution levels are the same as them smoking 1.5 cigarettes per day\*.

Drivers can be exposed to 9 - 12 times more air pollution than cyclists and walkers\*\*.



ESOOHJ



Scouting and cycling are excellent choices.



NEVA

