

# How can you make a difference?

**68% of UK trips undertaken are under 5 miles, with 19% of trips being less than 1 mile in length.**

## Move to active travel:

What counts as active travel?

- Walking
- Cycling
- Park and stride (park at least 10 min away)

## What other options are there?

If the weather is unsuitable or it is a longer trip you can:

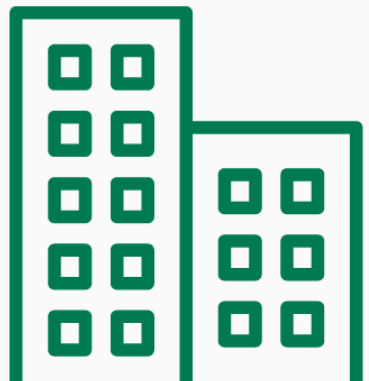
- Car share (with a non-family member)
- Public transport (Buses and trains)
- Shuttle services

## Where to walk?

Pollution hotspots tend to accumulate on the sheltered side of the street.

Walk where there is a breeze to reduce your exposure to pollution.

Carbon monoxide levels were up to four times lower in parallel side streets compared to the main road.



**Breathe Clean**  
in East Herts



In collaboration with  
**Let's clear the air** Hertfordshire

 Department  
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