

Niina Marni – Welcome

Being active is good for everyone. It's good for our health, wellbeing, happiness and the environment. It's easy to incorporate physical activity and active travel into your daily routine, too – just get walking or cycling!

Walking or cycling to work or school:

- Can help reduce your stress, improve your mood and increase your productivity
- Reduces traffic congestion and lowers your carbon footprint, contributing to a healthier, cleaner and more enjoyable environment for everyone
- Improves children's physical and mental health and their overall development



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For more information on Cycling in PAE including cycling route maps scan the QR code



Being Active

in PAE



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What is active travel?

Active travel is all about getting to where you need to go without using your car. You can walk, cycle, use a scooter or skateboard, catch public transport, carpool ... anything that gets you moving.

There are lots of benefits to active travel – it helps you reach the recommended 30 minutes of daily exercise, saves you money (walking is free) and means you don't have to look for a parking spot.

Here are some helpful tips:

- One day a week counts
- Park some of the way, then walk the rest – every bit counts!
- Ride a bike, scooter or skateboard to your destination
- Carpool with your friends or colleagues
- Catch public transport

Getting children involved

Park the car a little way from the school gate and walk there with your children – even parking the car 500 – 750m away will help them start their school day feeling more alert and able to concentrate on their schoolwork.

Be considerate

Show respect for everyone on the road. Take a little extra care and check for bikes, pedestrians and people scooting or skating at intersections. Drive cautiously around areas where children may be playing. Always allow enough time to travel considerately.



Helpful hints

Want to try riding or walking instead of driving?

Follow these top tips for a safe and enjoyable experience:

- Give way to pedestrians
- Always keep to the left
- Use the bell on your bike
- Watch your speed
- Don't block the path
- Control your pet
- Be considerate of others

Following these practices demonstrates respect and consideration for others, contributing to a safer and more enjoyable environment for everyone.

Did you know?



Being active improves your mental health and wellbeing



Riding a bike can improve your physical activity



Being active reduces your risk of serious illness like heart disease, Type 2 diabetes, high blood pressure and obesity



Insufficient physical activity costs the public health system an additional \$86,366 per person over the individual's lifetime⁴



Currently only 22% of children (aged 5-17 years) get enough physical activity and 65.4% of adults (aged 18-64 years)¹



Forty years ago, 75% of children walked or rode their bikes to school – today it's less than 30%²



Nationally, every kilometre cycled is estimated to generate up to \$1.67³

Get to know your signs

WHITE BICYCLE SYMBOLS



If you see a lane line and a sign with a white bicycle symbol, this marks a lane that is intended for bicycle users only.

Some bicycle lanes operate only at certain times of the day and others operate 24/7. If there are no times stated on the sign, the bicycle lane is always in operation.

GREEN LANES



Lanes that are painted in green are used in places where there is a greater safety risk to cyclists – for example, at intersections.

SHARROWS



Sharrows are painted onto roads where there is no separate bicycle lane. They are used to indicate that the road is a shared space between bicycles and vehicles.

Sharrows act as a visual reminder to drivers that there may be cyclists on the road

Sources

1. Government of South Australia - 2019 South Australian Population Health Survey Annual Report
2. Bicycle NSW – 2019 Riding to School
3. QLD Government – 2011 Benefits of Inclusion of Active Transport in Infrastructure Projects
4. Government of South Australia – 2020 Game On: Getting South Australia Moving Report