



The benefits of walking and hiking

Hiking can be enjoyed by people of all ages with a clean bill of health. One can begin hiking at any age. For elderly people, walking is often the only available method of exercise that helps to improve and maintain health.

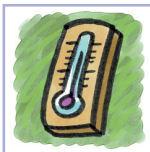
Walking is very beneficial for the respiratory and cardiovascular systems: the blood oxygenates the vital organs more rapidly, and at the same time cholesterol is decreased.

There are also has beneficial effects on the digestive tract. Taking a walk eases the digestion of food and helps to eliminate toxins from the body. Evening walks can also contribute to good sleep.

A great natural antidepressant, walking reduces stress and is uplifting and energising.

Hiking is a great way to take off excess weight, and also significantly slows the ageing process.

The most important rules are:



Regularity

Walk regularly, regardless of the time of year or the weather.



Pleasure

Walking should be fun, not a source of pain or discomfort.



Pace

Increase your stamina gradually by starting out on easy terrain over short distances and working up from there.



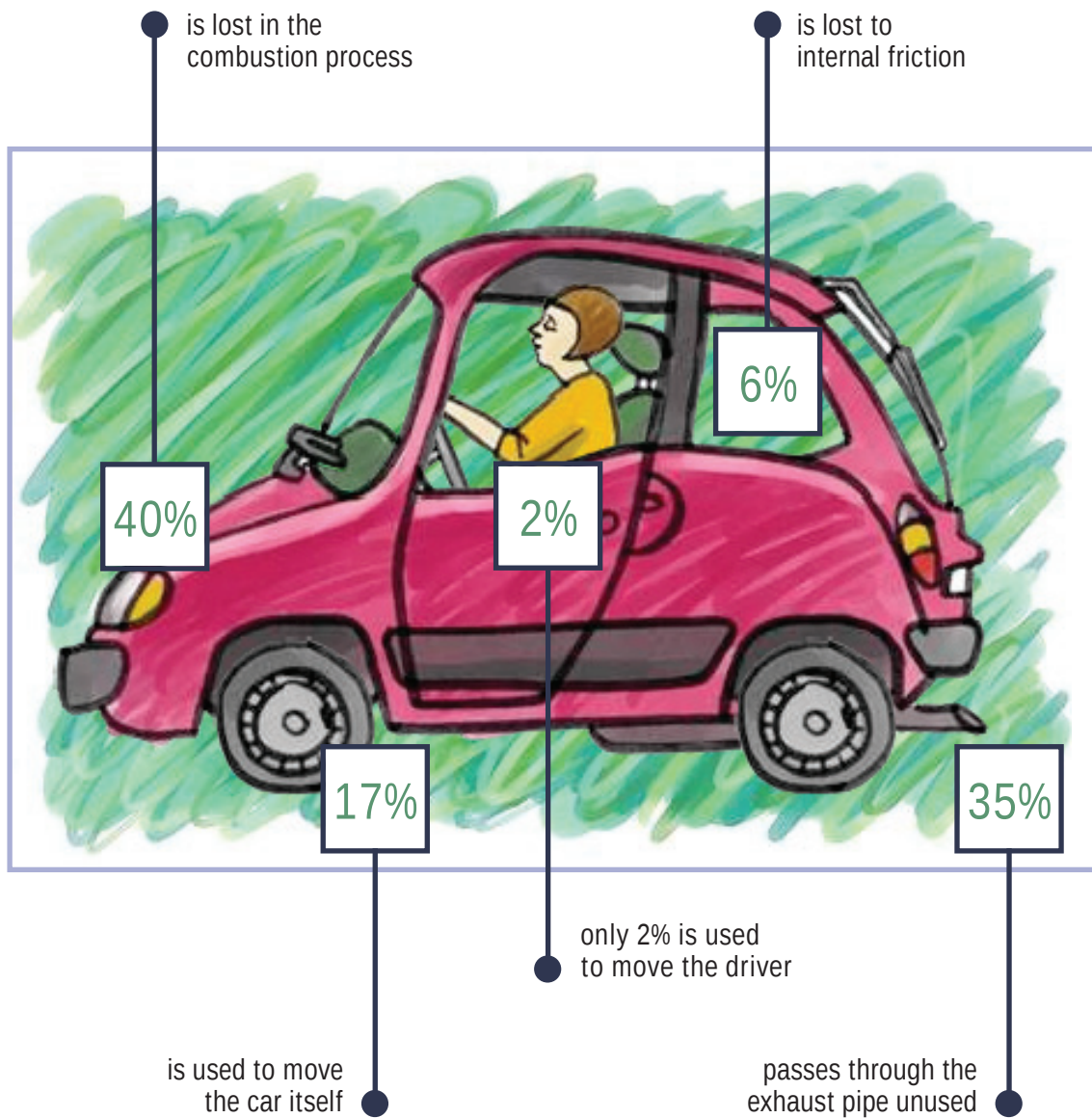
Duration

A good walk should typically last at least 30 to 40 minutes.

Walking is the simplest and most affordable way to improve your health. All that is needed in addition are proper nutrition, good hygiene and sound sleep!



How a car consumes energy



One simple way to improve the efficiency of your car is to increase the number of passengers. Single-occupant vehicles are the least energy efficient, so share your rides with family members or give colleagues a lift to work.



The benefits of cycling

Compared to travelling by car, cycling benefits both the cyclist and society as a whole in a number of ways:



Produces zero emissions

Cycling is easier on the environment as it produces very little noise and no harmful emissions.



Makes space for greenery

The promotion of cycling can help cities to preserve their historical and cultural monuments, due to its compatibility with green spaces.



Needs minimal infrastructure

As smaller paved areas are needed for travel and parking, cycling contributes to the more efficient use of urban spaces.



Creates friendly cities

Having fewer cars on the roads improves the appearance of town centres and allows better pedestrian access to shops, entertainment venues and community and cultural centres.



Cuts congestion

Going by bike helps to eliminate traffic jams and the related economic losses due to stalled vehicles, late arrival at work and general air pollution.



Lets the traffic flow

Reducing the number of cars on the road increases the average speed of other road users, including public transport vehicles.



Boosts the buses

With fewer people driving cars, there is scope to improve the volume and capacity of public transport services.



Keeps you in touch

Cycling keeps you connected to your local community and gives you easy access to amenities and services.



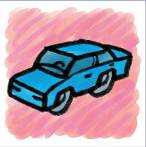
Improves resource efficiency

Relief from the need to transport children to and from school saves parents time and money.



Gets you there faster

Bicycles can travel faster than other modes of transport over short distances.



Eases family finances

Changing to bikes means families can get rid of their second car, easing the family budget as a result of savings on fuel and lubricants, maintenance, repairs, insurance etc.

