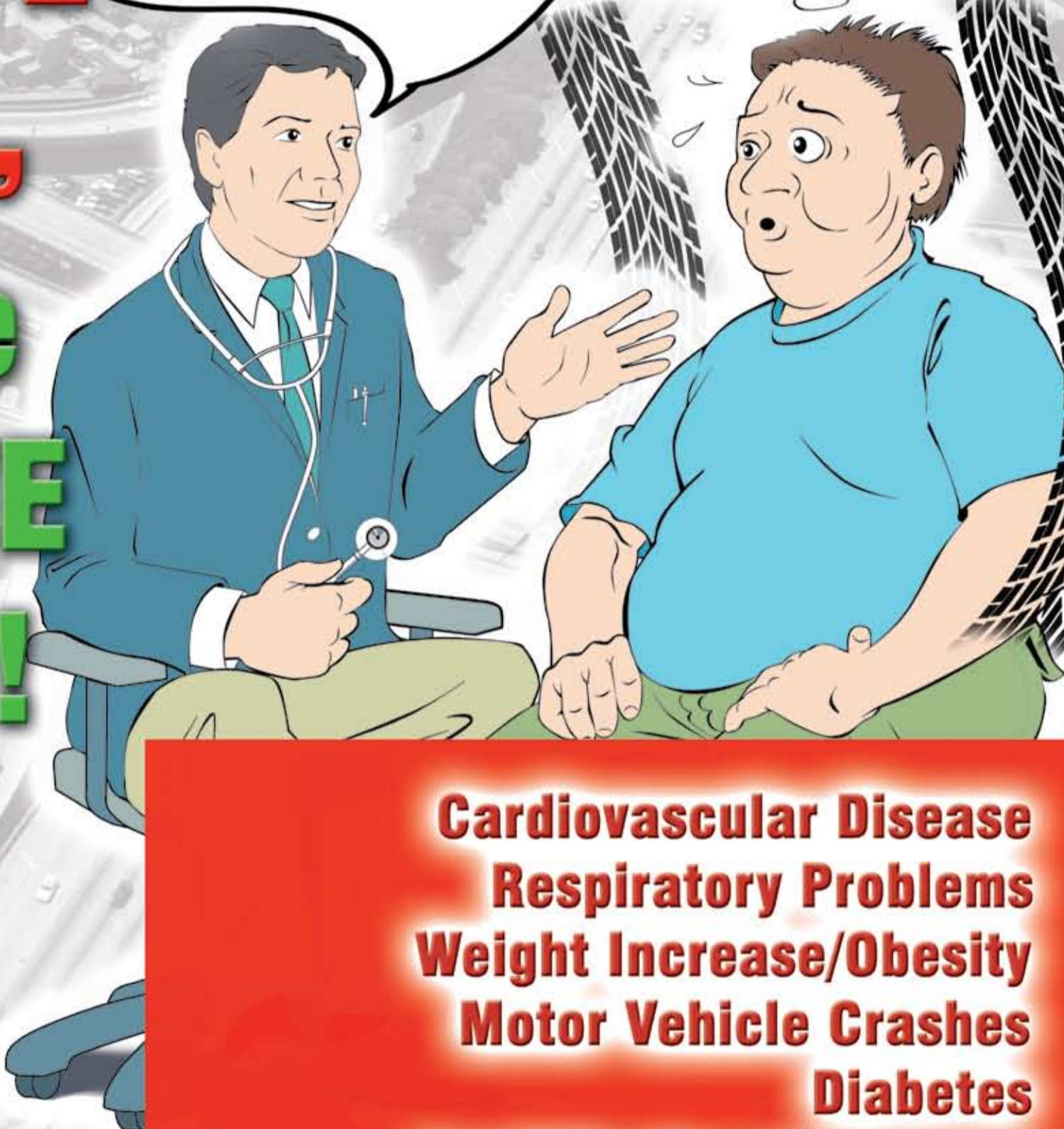


**less  
DRIVE  
time,  
more  
ALIVE  
time!**

*So,  
what brings  
you here today?*



**Cardiovascular Disease  
Respiratory Problems  
Weight Increase/Obesity  
Motor Vehicle Crashes  
Diabetes**

*Inactivity also contributes to  
osteoporosis and poor mental health....*

**STOP** You CAN kick the car habit!

**CAUTION**

Over-reliance on cars is bad for your family's health. Emissions from cars contribute to climate change and damage the environment. Climate change is a serious threat to future health.

**GO**

GET MOVING with active transport options - walk or cycle, use public transport, run or rollerskate. There's more than one way to reach a healthy destination!