

# West Lothian Travel Challenge *gear up*

September is West Lothian Travel Challenge month. Whether you use your car, motorbike, take a bus or train, cycle or walk - travel can have impact on your health, your wallet and the environment. During September we are asking you to make a change to the way that you travel to work, school, college or even to the local paper shop.

## Walk, cycle, car share, bus or train

Leave your car at home and you could:

- Save money ■ Reduce pollution
- Make new friends ■ Improve your health

For information on car sharing or finding a walking or cycling buddy visit [www.tripsharewestlothian.com](http://www.tripsharewestlothian.com)

Make a pledge now to try out different travel options during September and we'll enter you into our Travel Challenge prize draw. We have two family passes to a West Lothian visitor attraction and 20 goodie bags plus 20 bike maps, to giveaway.

**8 to 12 September is West Lothian Travel Challenge week:** Make a change to the way that you travel to work this week – car share, walk, cycle, bus or train.

**15 to 21 September is West Lothian Walking week** – join an organised walk led by experienced leaders.

**16 to 22 September is 'In town, without my car' week** - part of European Mobility Week.

**22 September is car free day.**

**22 to 26 September is West Lothian Cycle week:** If you live within a mile or two of work – what is holding you back? Cycle this week and help to reduce the amount of traffic on the road – the more people who participate, the greater the impact.

**Tell us your pledge now by email to Travel Challenge:** [communications@westlothian.gov.uk](mailto:communications@westlothian.gov.uk); enter online [www.westlothian.gov.uk](http://www.westlothian.gov.uk) or post your entry to Travel Challenge, West Lothian Council, Almondvale Boulevard, Livingston, EH54 6QG.

## Treat yourself well

### A woman weighing 10 stone could burn

	Walking	Equivalent treat	Jogging	Equivalent treat	Cycling	Equivalent treat
15 minutes	50-149 calories	1 chocolate biscuit, 1 doughnut, or 1 small glass of wine.	50-149 calories	1 chocolate biscuit, 1 doughnut, or 1 small glass of wine.	50-149 calories	1 chocolate biscuit, 1 doughnut, or 1 small glass of wine.
30 minutes	50-149 calories	1 chocolate biscuit, 1 doughnut, or 1 small glass of wine.	250-349 calories	1 chocolate bar, 1 chicken salad sandwich, or 1 cheeseburger.	250-349 calories	1 chocolate bar, 1 chicken salad sandwich, or 1 cheeseburger.
60 minutes	250-349 calories	1 chocolate bar, 1 chicken salad sandwich, or 1 cheeseburger.	450-549 calories	1 tuna mayonnaise baguette, or half a pepperoni pizza.	450-549 calories	1 tuna mayonnaise baguette, or half a pepperoni pizza.



## West Lothian delivers



## Treat yourself well

### A man weighing in at 12 stone could burn ...

	Walking	Equivalent treat	Jogging	Equivalent treat	Cycling	Equivalent treat
15 minutes	50-149 calories	1 chocolate biscuit, 1 doughnut, or 1 small glass of wine.	150-249 calories	1 bag of crisps, 1 baked potato, or 1 pint of beer.	150-249 calories	1 bag of crisps, 1 baked potato, or 1 pint of beer.
30 minutes	150-249 calories	1 bag of crisps, 1 baked potato, or 1 pint of beer.	250-349 calories	1 chocolate bar, 1 chicken salad sandwich, or 1 cheeseburger.	250-349 calories	1 chocolate bar, 1 chicken salad sandwich, or 1 cheeseburger.
60 minutes	250-349 calories	1 chocolate bar, 1 chicken salad sandwich, or 1 cheeseburger.	550-649 calories	Roast beef dinner, or spaghetti carbonara.	550-649 calories	Roast beef dinner, or spaghetti carbonara.



## Now treat your planet

There is no hiding from the fact that global warming is an ongoing issue that affects everyone. Scientists tell us that climate changes will be severe and serious and include:

- Changing weather bringing drought and flooding, affecting drinking water supplies and agriculture.
- The loss of many species of plants and animals.
- Rising sea levels, threatening freshwater supplies because of salt-water intrusion.
- Melting glaciers, threatening freshwater supplies for millions of people who depend on glacier melt water for their water supply and irrigation.



**The good news is that you can help. And reap the benefits!**

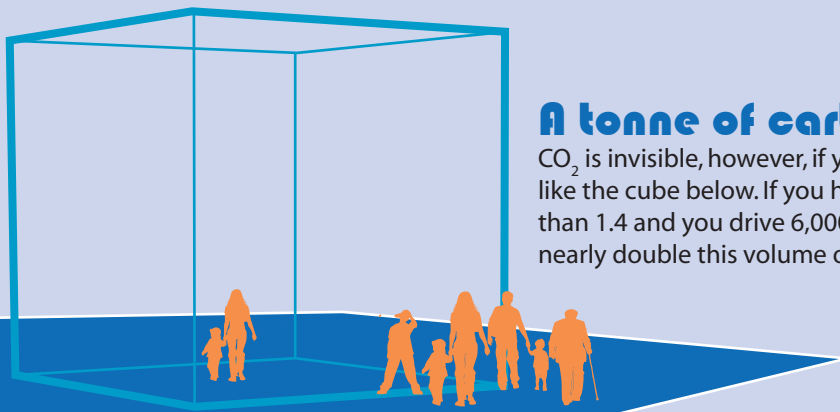
- **Car Share** – even one day a week you can save money and carbon emissions
- **Walk or cycle** – reduce carbon emissions, get fit and save money
- **Local transport** – reduce carbon emissions and relax

## Local transport - reduce carbon emissions and relax

Over 40 per cent of the UK's CO<sub>2</sub> (carbon dioxide) emissions are created as a result of our actions. There are many ways that we can reduce CO<sub>2</sub> at home, at work and through travel.

Director of World Wildlife Fund (WWF) Scotland, Dr Richard Dixon, said: "We welcome this initiative and would encourage everyone to think how they could reduce the

carbon footprint of their journeys. Transport is one of the fastest rising sectors of climate pollution and is therefore an area where most of us can really play a part in tackling climate change. Alongside initiatives like this, we hope the forthcoming Scottish Climate Change Bill will in the future help encourage action to allow everyone to live climate-friendlier lives."



### A tonne of carbon

CO<sub>2</sub> is invisible, however, if you could see it a tonne would look like the cube below. If you have a small car with an engine less than 1.4 and you drive 6,000 miles a year you would create nearly double this volume of CO<sub>2</sub>.

### Car...bon calculator

Now you know what a tonne of carbon looks like you can image what your own impact has on the environment.

	Cost of fuel 40 mpg @ £1.10	Engine less than 1.4	1.4-2 litre	2 litre +
Mileage (Annual)	per litre	Carbon tonnes	Carbon tonnes	Carbon tonnes
6,000	750.00	1.77	2.8	2.86
12,000	1,500.00	3.54	4.17	5.72
18,000	2250.00	5.31	6.26	8.57

## Car sharing

Reduce your own monthly expenditure on petrol and be cost effective whilst doing your bit for climate change. For example you would need to plant more than 5.7 million trees to offset 17,269 tonnes of CO<sub>2</sub>

## Cycling

- gives you the energy and enthusiasm for your work and study
- boosts your brainpower, making you mentally sharper and improving your concentration
- protects you against heart disease, obesity and other illnesses
- Can help prevent weight gain and will strengthen and tone the muscle as well as boost your metabolism
- cheap and practical
- can be a social activity
- will not pollute the planet

## Walking

If you want to start walking join in West Lothian Walking Week: 15 – 21 September. It is a great way to make friends while getting fit. The walks are designed for the whole family they are free, cover a range of times throughout the day and are led by experienced guides. Booking is advisable. To receive a programme and book a place contact Laura Dunkel on **01506 775626** or email **[laura.dunkel@westlothian.gov.uk](mailto:laura.dunkel@westlothian.gov.uk)**

By exercising gently and regularly, you will have more energy, make new friends, enhance your self-esteem, help long-term weight loss and enjoy better sleep. Being more active can also have specific health benefits by reducing the risk of heart disease, certain cancers, strokes, diabetes, obesity, high blood pressure and osteoporosis (brittle bones).

**Exercise is one of the most important factors of good physical and mental health. Exercise can help develop a positive self-image, build confidence and help tackle issues such as anxiety. Exercise produces a non-polluting atmosphere. Our children are suffering from poor health and obesity you can lead by example. A staggering 62 per cent of all car journeys in Scotland are less than two miles in length. So there are huge potential benefits to leaving your car at home and walking as an alternative. It's also great way to relax, save money and get fit. Walking helps to reduce congestion, reduce noise pollution, cut exhaust emissions and improve your health. Every minute spent walking can extend your life on average by two minutes.**



## Let local transport take the strain

Trains and buses in Scotland have come a long way in recent years.

Improvements to train services include, longer platforms, more parking spaces, with frequent journeys, make the choice to travel by train easier. The Airdrie to Bathgate rail

link, which will see frequent services to Glasgow, is expected to open in 2010.

There are frequent bus services linking communities around West Lothian and beyond. Bus companies are also investing in new stock and developing new routes.