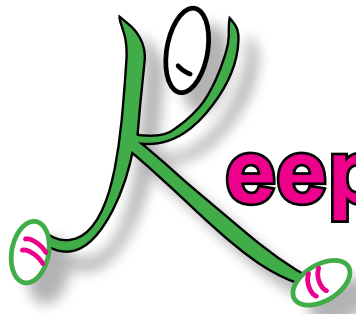


Keep Active



Healthier

As a regular activity, walking and cycling can help reduce:

- Heart Disease
- Strokes
- Hypertension (high blood pressure)
- Osteoporosis
- Depression
- Lower Back pain

Walking and cycling can also improve:

- Psychological well-being
- Metabolism
- Muscle Strength & Flexibility
- Strength & Endurance
- Respiratory function

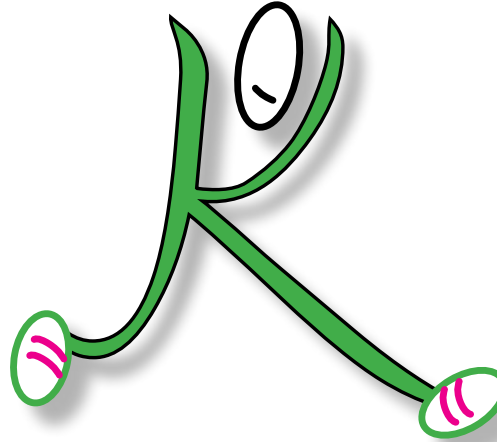
Greener

As Well as:

- Maintaining the immune system
- Increasing energy Levels
- Maintaining weight
- Burning calories
- Cutting Cholesterol
- Reducing stress
- Improving sleep, mood & general outlook on life

Sustainable

'Kick Start Kirkwall' Sustainable Travel Demonstration Town Smarter Choices, Smarter Places



Contact:

Transportation Service
Orkney Islands Council
School Place
KIRKWALL
Orkney
KW15 1NY

Tel: 01856 873535 Ext: 2535

E-mail: transport@orkney.gov.uk

Website: www.orkney.gov.uk/kickstartkirkwall
(Search Smarter Choices, Smarter Places)



ORKNEY
ISLANDS COUNCIL

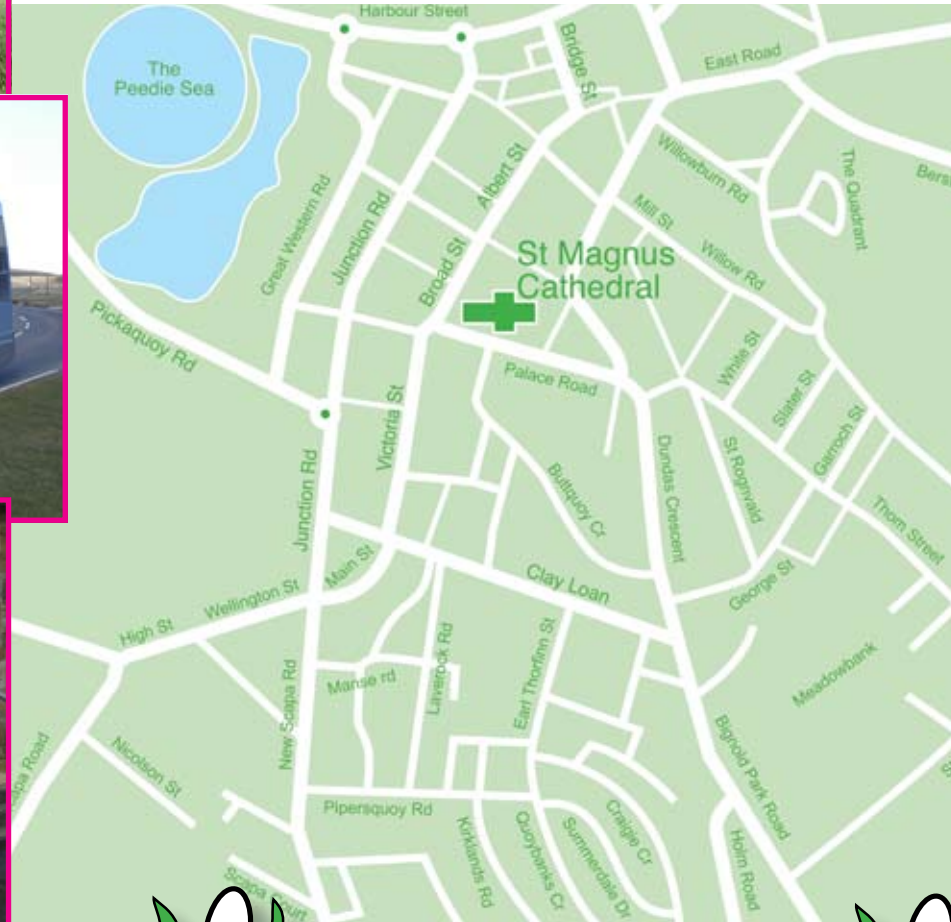
Kick Start Kirkwall

Sustainable Travel Demonstration Town

Promoting a sustainable community and a healthy lifestyle



Encouraging active travel & public transport



Projects in Kirkwall include:

- Improvements to kerbs, footways and crossing facilities in the Quoynbanks area of town.
- The introduction of 'travel buddies' to support people with physical and learning disabilities to use sustainable travel options.
- Introduction of a path to Health Scheme at the Peedie Sea (linked with GP Active Referral and Community Pharmacy).
- Improving the towns infrastructure by joining up core paths in and around Kirkwall.
- Research into Kirkwall's 'Car Culture' to see why residents are quite so attached to their cars.
- Planning for active travel will be at the heart of zoning for new housing and schools in the future.
- Travel maps and personalised travel planning (PTP) will be launched which will raise awareness of the project.

Kick Start Kirkwall