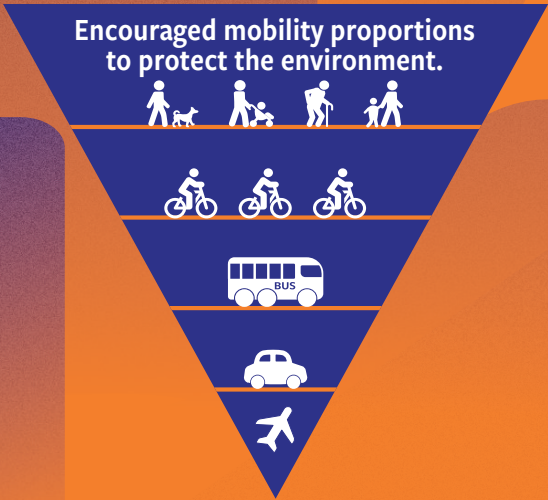


ACTIVE MOBILITY

Active mobility means getting around using your own energy, for example, by walking or cycling. In 2011, the World Health Organization (WHO) assessed global mobility as insufficient (20% of adult men and 28% of adult women, along with 78% of young men and 84% of young women aged 11-20, are at risk of non-communicable diseases and premature death due to insufficient and passive activity). The WHO recommends active mobility as a primary strategy to counteract this lack of movement and reduce the harmful side effects of motorized transportation, particularly in cities.¹

28% of the population is insufficiently active or completely inactive.¹

Encouraged mobility proportions to protect the environment.



Reduces obesity, diabetes, cardiovascular and musculoskeletal diseases

As well as their complications.²⁻⁴



Reduces respiratory diseases

Air pollution significantly harms health, particularly at the extremes of life. Studies show that engaging in active mobility, even in polluted environments, provides greater health benefits.^{2,5}



Reduces noise pollution

Has a positive impact on stress, mood disorders, sleep, and cognitive and attentional development in children.^{2,4}



No increase in accidental injuries

Studies show that regular active mobility, combined with safety measures (visibility and helmet use) and supported by appropriate infrastructure, reduces the number of accidents and injuries among pedestrians and cyclists.^{2,5}



BENEFITS FOR THE PLANET

More green and social spaces have a positive impact on biodiversity

Active mobility requires **50 to 300 times less public space** than individual cars.^{2,6} Parks, pedestrian zones, bike paths, and public transport all bring important benefits for communities and give people more chances to connect with nature.^{2,7} A study shows that **split commuting** (e.g., bus + bike), even if only part of the journey is done by bicycle, **reduces the risk of premature mortality by 24%**.⁸

Reduces greenhouse gas emissions

40% of direct national greenhouse gas emissions come from motorized transport.^{2,9} 60% of trips are under 5 km, and 80% are under 10-15 km.²

THE SUSTAINABLE PRESCRIPTION



- Try to include walking or cycling in your daily routines : on the way to work or school, during free time, on weekends, and even on holidays.
- Replace motorized transport as much as possible with walking, cycling, or public transport.
- Advocate for pedestrian zones and safe infrastructure.

When to discuss sustainable mobility?

Particularly in cases of **stress, anxiety, depression, attention deficit hyperactivity disorder (ADHD), overweight/obesity, diabetes, metabolic syndrome, hypertension, sedentary lifestyle, respiratory diseases (bronchitis, asthma, COPD), dysbiosis (constipation), frequent infections, heart failure, or post-surgery recovery.**

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