

active transport

you can do it!

Be in to
WIN an
accessory pack
valued at
\$400*

Every 5th
sign up
gets a FREE
pair of sport socks
& sunscreen**

Make your New Year's resolution now!

Prepare now to make up for your Christmas indulgences. Sign up for an eight week email series on walking and biking to work (Active Transport) starting in the New Year. The email series includes solutions for people who have never walked or biked to work before, live far away, have low fitness levels or are complete beginners.

Walk or bike to work

Weekly guidance to help you get started with walking or biking to work (or both!).

Build a walk and bike friendly workplace

Weekly guidance on how to build a workplace environment that supports staff/colleagues to walk and bike to work easily.

Take action now!

Sign up online and join our
active transport email series.

Visit www.activetransport.co.nz

active transport = a great way to keep
fit and healthy

active transport = a great way to save
money

active transport = a great way to help
the environment

* Sign up online now and be in to win an active transport accessory pack which includes trainers, backpack, sunscreen and more!! Terms and conditions apply.

** Sport socks and compact spray sunscreen limited to 50 giveaways. Terms and conditions apply.