



Get Active  
**Week**  
June 2019

#GetMeActiveNI

Reduce your risk of  
dying from  
heart disease  
by more than

**1/3**



Compared to a non-active commute,  
walking to work can reduce your risk of dying from  
heart disease by more than a third.

It's not too late to join the  
active travel challenge!

Register at [atc.getmeactive.org.uk](https://atc.getmeactive.org.uk)  
and log your journeys to be in with a chance  
of winning prizes.