

## - Health Benefits of Climate Action -

# Healthy & Clean Transportation

Opting to walk, bike, or use public transit reduces emissions. This improves air quality, which does **less damage to children's lungs** and can **reduce asthma attacks**. More walking and cycling can also **reduce the risk of cardiovascular disease and diabetes**, and **improve mental health**.



## ACTION!

*What can I do?*

Walk, bike, carpool or use public transit where possible.

Advocate for bike lanes and public transportation infrastructure in your community.