

MY ACTIVE CHALLENGE

私のアクティブ・チャレンジ | WATASHI NO AKUTIBU CHARENJI

I can use active travel!

Active travel means walking, scooting or cycling instead of using the car or taking the bus and train. Active travel helps you to feel awake, happy and ready for the day!

During the Tokyo 2020 Olympic and Paralympic Games, visitors will be able to hire bikes to travel around the city.

This challenge helps you to find ways to **use active travel for some of your journeys.**

What do I need?

Comfortable shoes | a scooter or a bike

10 Mins
approx.



What should I do?

Warming up

With your family, plan a journey where you can walk, scoot or cycle.

If you can't use active travel for your full journey, try these ideas:

1. March on the spot as you wait for the bus or train.



2. Walk to the next bus stop, not the nearest.



3. Get off the bus a stop or two early.



4. Park and stride! Park the car farther away and walk the rest.

5. Arrive early and walk or run around the yard.

6. Ask your school to set up a walking bus or do an active mile every day.



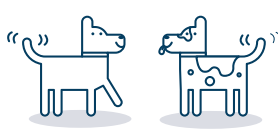
Take part



1. Set yourself a **goal**. Say when and what you will do.

For example:

'On Monday I will scoot to school instead of going by bus.'



2. Give yourself a **challenge** to make it fun.

For example:

'I will count how many dogs we pass on the way.'



3. Travel with a **buddy** to make it more fun.

For example:

'I will meet my friend at the corner so we can go together.'

Cooling down

How did your active journey make you feel?



Aim to increase your effort level



Feel fine

Breathe faster

Hot and Sweaty

Remember

- Your active travel time will help you to Travel to Tokyo! Every minute counts!

In future

- Use active travel for more journeys.
- Walk, scoot or cycle farther or faster next time.



See the Tokyo Ten activity guides to give you some ideas:

<https://www.getset.co.uk/resources/travel-to-tokyo/tokyo-ten>

