

# Public Transport



There are more opportunities to exercise when you take public transport. You walk to and from the bus or train. You need to carry a bag even if you get your shopping home delivered.



Use public transport and get more exercise

# There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must use your own professional judgement when using this resource

### Purpose of resource:

To promote physical activity

### Target group:

This resource is designed to be used by Australians adults & adolescents.

### Notes:

This resource is designed to be printed A3 size and then laminated.

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