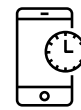


# Simple steps towards a more active commute

Adding more activity into your day is beneficial for your health and wellbeing. So why not use your daily exercise to see how this **activity can be incorporated in your future commute.**

Simple solutions to adopt a more active commute:

- Consider walking to/from interchanges or to/from work.
- Connect your trip with public transport and try bike riding or walking one way to get yourself used to it.
- Join a class to ease yourself in to upskill yourself and build your confidence to ride a bike.
- Consider renting a shared bike to gain experience.
- Check out your end of trip facilities at work to ensure you're equipped for when you arrive at the office.



Use our **travel planning tools** to plan your cycling routes.



New to bike riding? Check out our **steps to get started**



Check out our **commuter stories** to hear how other bike commuters have adopted a more active commute and get tips.



Check out our bike **facilities at transport interchanges**, and across Sydney's CBD to find out how you can store your bike.

## Contact us

For more information contact the Travel Choices team:



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