









Active a2b News

The survey results are in!

453 people filled in our evaluation survey. Here are some of the results:

Transport mode shift for travel TO work based on Active a2b registration and evaluation survey data

Before Active a2b		After Active a2b
25.4%	 	28.7%
13.4%	 	19.4%
14.2%	 	10.7%

48.3% of participants said that Active a2b had helped them walk or cycle to work more

44.9% of participants said that Active a2b had helped them walk or cycle more outside of work

64% of participants said that Active a2b had improved

Nominate a mate

Congratulations to S. Smith who won a \$30 New World voucher in our final Nominate a Mate prize draw.

Well done to all of our Nominate a Mate participants who sent weekly feedback, and to their supporters who cheered them on or whipped them into shape.

Active a2b Quotes

Cycling everyday now and we're saving so much on petrol!! Feel a lot better, energised and keen to start the day

I really think now about when to use my car and how good I feel about walking instead of driving.... I am saving money, helping the planet, getting exercise and feeling

their health and wellbeing.

Active a2b has been run by the Sustainable Transport Team at Greater Wellington. It aimed to increase walking and cycling trips to work, which is why we asked you specific 'journey to work' questions. Here are some other fantastic outcomes that we found:

- **An increase in public transport and carpooling** – some people were motivated to not only walk and cycle more, but to swap some car trips to bus or train trips or start carpooling.
- **Active and public transport in the weekend** – In addition to work journeys, weekend trips to the shops, to town and to the beach were replaced with sustainable modes of transport.
- **Families doing activities together** – Some participants got the whole family involved, encouraging kids and partners to walk and cycle more as well.
- **Weight loss** – whether it was 2, 5 or 17kg, people used Active a2b to motivate themselves to shed those unwanted Christmas kilos. On top of journeys to work, participants were taking the stairs, striding across town to meetings and taking lunchtime exercise breaks.
- **Healthy eating** – Ticking the physical activity box got people thinking about their diets as well with many reporting to have improved their nutrition.

And don't forget about:

- **The little blue penguin that Elaine Powell saved!**

From our evaluation surveys we also received some really

quite, quite smug about it all

The kids find it harder to wimp out if I am walking and they are not

...here I am, cycling almost half the time to work and walking up and down 465 steps to get to the bus stop for the rest of the time. I have increased my fitness level 3-folds and am also exercising almost 5 times a week .Thanks Active a2b

I've always cycled recreationally and I exercise regularly...but I've started commuting by bike for the first time and I love it

Coming soon!

A winter Active a2b e-flier is coming to your inbox soon! The e-flier will have some useful tips for keeping well on the way to work and will feature some great discounts off gear for winter and a couple of walking and cycling quizzes to test your active transport knowledge. Look out for the e-flier in early

constructive feedback. Great suggestions for the future included:

- Having a stronger focus on walking.
- Securing more buy-in from workplaces so internal promotions can occur.
- Recording travel mode for both TO and FROM work, and secondary modes for both.
- Branding useful equipment, such as reflective bag covers.
- Having more on offer for people who are already active, or already commuting to work on foot or bike.

Thanks again to everyone who completed the evaluation survey. Those participants who requested a summary report will be sent one when it is completed.

June.



Next week's 'where to next' newsletter: Our weekly newsletters will be wrapping up next week so we will be featuring a range of 'where to next' options for participants, and talking about the future of the Active a2b programme.

To unsubscribe: Email active@gw.govt.nz

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