

ID	Walking and Cycling	DURATION: 30 secs VO: Male Tone: Informational Pace: medium
WAC00	Do you want to help protect the environment? Well, look no further	
WAC01	Walking and cycling are two of the simplest most cost effective ways of doing just that.	
WAC02	Walking is an essential part of every journey and easily the most effective and accessible	
WAC03	Not only does it benefit our health it is also socially eq-uit-able.	
WAC04	It is by far the cleanest form of transport.	
WAC05	Cycling is also among the most efficient Forms of transport	

WAC06	<p>you do not</p> <p>cause any emissions when doing so</p> <p>and this further protects everyone's health.</p>	
WAC07	<p>So, what are you waiting for?</p> <p>get out there</p> <p>help save our planet!!!</p>	