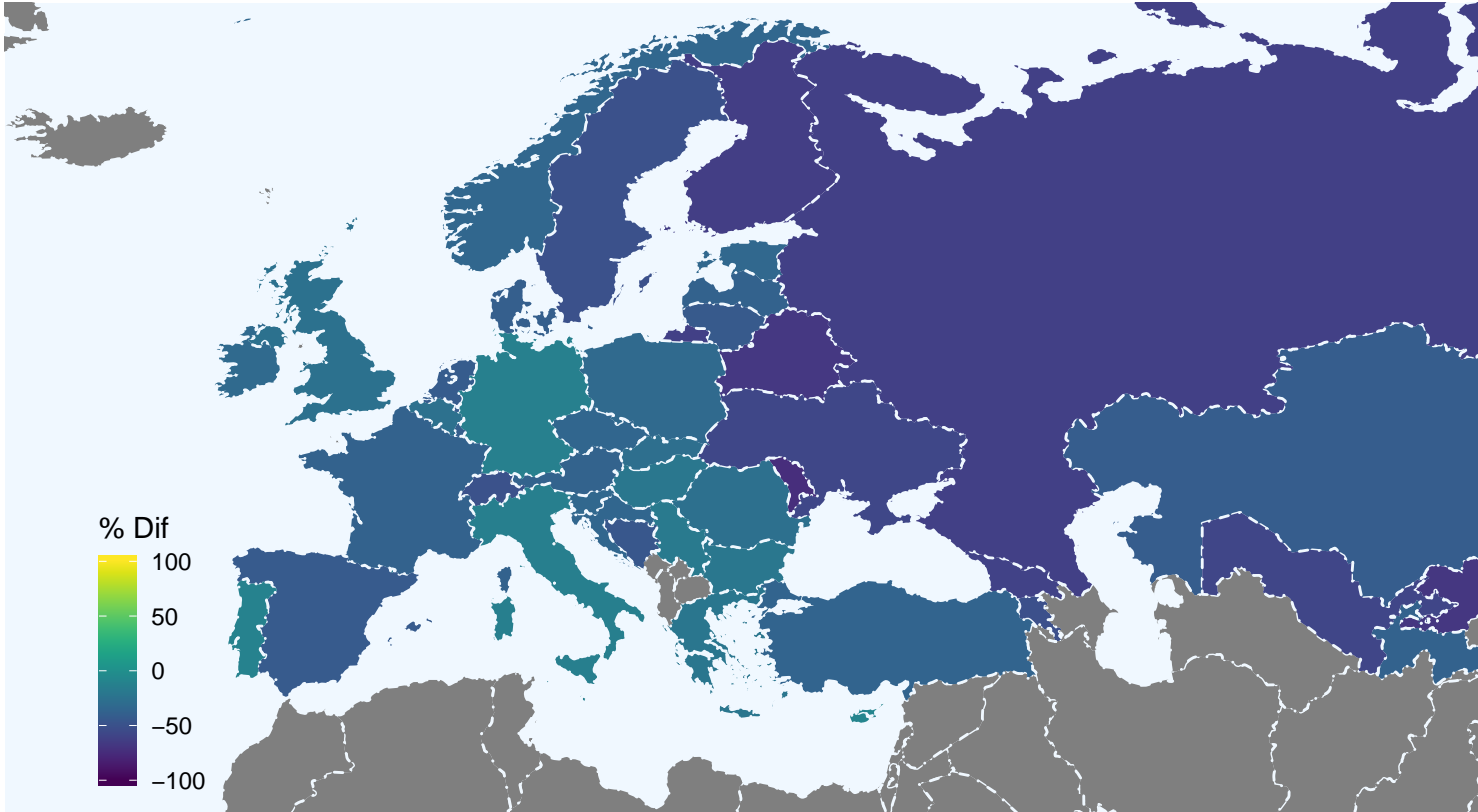


## Scenario 1: Additional 10 mins daily walking

% difference in NMB between non-linear relationship & linear relationship, Europe (2016)



Sources: Aram et al. 2015; OECD 2012