

ID	Smarter Travel Student Awards	DURATION: 30 secs VO: Male Tone: Informational Pace: medium
STSA00	Did you know walking for 30 minutes a day can greatly improve so many aspects of your life?	
STSA01	It improves not only your physical health but also, your mental health as well.	
STSA02	Even if you can only manage 30 minutes a day, every little bit will help your health.	
STSA03	Get off the public transport you take, a stop earlier, and walk to your destination.	
STSA04	maybe walk and don't drive to your local shop, little things all add up.	
STSA05	Besides just walking to help yourself, It will also help,	

	people and the world around you.	
STSA06	By walking more, we cut down on traffic congestion and reduce air pollution.	
STSA07	Your physical health matters, Your mental health matters, The health of the world matters, Walking matters.	