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| 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. |  |