

ID	Smarter Travel Student Awards	DURATION: 30 secs VO: Male Tone: Informational Pace: medium
STSA00	Did you know walking for 30 minutes, only 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 manage 30 minutes a day every little bit will help you.	
STSA03	Maybe get off the public transport you take a stop earlier and walk to your work or home, maybe walk and don't drive to a local shop, little things will add up.	
STSA04	Besides just walking to help yourself, walking will also help people and the world around you.	
STSA05	By walking more, we cut down on traffic congestion and reduce air pollution.	
STSA06	Any way we can reduce air pollution matters, your physical and mental health matter, walking matters.	