

# Did You Know...

## Outdoor Activity and Pollution from Traffic: What You Need to Know!

Whether you're gearing up to go for a walk or something more vigorous like cycling, exercising outside can mean exposure to traffic-related pollution. Traffic is a major source of air pollution, especially in urban areas.

More than 80% of people live in urban cities. By following these simple steps you can reduce your exposure to traffic-related air pollution while enjoying your favorite outdoor activities:

1. Choose low-traffic routes for walking, running or cycling.
2. Exercise in parks and green spaces away from major roads – this also ensures your safety!
3. Avoid or reduce strenuous outdoor activities when air pollution levels are high.
4. Check the air quality index in your community for the best time to be active outdoors.
5. If you have a heart or lung condition, talk to your healthcare professional about additional ways to protect yourself when air pollution levels are higher.

