

# Save Your Future

## Health Benefits

### Physical Health

- Improves cardiovascular health
- Reduces risk of diseases
- Strengthens muscles and joints
- Helps maintain a healthy weight



### Mental Health

- Reduces stress levels and anxiety
- Improves mood and energy levels
- Improves focus and academic performance
- Releases endorphins

## DCU Step Up Challenge



### What is it?

A campus-wide weekly step competition encouraging students to walk more, use active travel, and reduce sedentary time

## Why Pay to Commute?

### Driving



- Fuel costs (expensive)
- Car maintenance
- Traffic stress and delays

### Cycling

- Low costs after buying a bike
- Cheap maintenance
- Quicker than driving if traffic heavy



### Walking



- Completely free
- Improves overall health
- No equipment needed
- Can win prizes in the 'DCU Step Up Challenge'

## How the challenge works

Connect your wearable-

- Fitbit
- Garmin
- Polar
- Apple watch ect.



### Weekly competitions-

- Your device directly syncs with the DCU step up app
- Don't worry if you haven't a wearable, the use of the apple health app or strava on your phone can also work
- A weekly leaderboard ranks the top contenders
- Rewards are given to most improved, most steps and active commuter reward (commuting to college via bike or walking)

Smarter Travel  
Student Awards

