



EUROPEAN ENVIRONMENT
AND HEALTH PROCESS

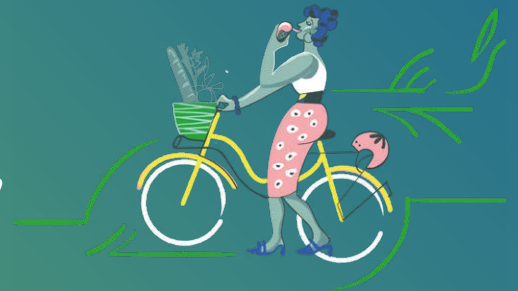


The tenth Bonn Dialogue
on Environment and Health

Let's Get Moving!

100 Reasons to Walk and Cycle More

3 June 2025, 10:00–11:00
(Central European Summer Time),
virtual



Insufficient physical activity remains a leading risk factor for noncommunicable diseases and premature mortality. In the WHO European Region, physical inactivity is linked to approximately 1 million deaths each year, with nearly 25% of adults failing to meet [WHO's recommendation](#) of at least 150 minutes of moderate-intensity aerobic activity throughout the week.

WHO promotes safe walking and cycling for their significant health, environmental and societal benefits. Active mobility helps prevent major noncommunicable diseases, enhances mental well-being, reduces environmental noise, as well as emissions of air pollutants and greenhouse gas, eases traffic congestion, makes more public space available for use by the community, and fosters safer, greener and more livable and attractive urban environments.

On 3 June 2025, World Bicycle Day, WHO/Europe will launch the campaign "[Let's Get Moving! 100 Reasons to Walk and Cycle More](#)" under the framework of the [Transport, Health and Environment Pan-European Programme](#) (THE PEP).

The one-hour launch event will feature speakers from academia, city authorities, national governments and civil society, who will share insights into the benefits of walking and cycling from their diverse perspectives.

The event is open to anyone working on transport, health, environment and urban planning at national, regional or local governments, as well as researchers, professionals and the general public.



The “Let’s Get Moving! 100 Reasons to Walk and Cycle More” campaign

By showcasing 100 reasons to make walking and cycling part of daily life, the “Let’s Get Moving!” campaign aims to inspire individuals, communities and decision-makers to support and promote active mobility initiatives and encourage broad engagement and action across the Region. The campaign targets health, transport, environment and urban planning professionals, policy-makers, civil society actors and the general public. It combines the latest scientific evidence with personal experiences from across the WHO European Region, illustrating the transformative potential of active mobility.

By making walking and cycling safer and more accessible for all, we can create lasting positive impacts on public health, our communities and the environment, for current and future generations.

Let’s get moving and support the changes needed to make active mobility an easy choice for everyone.

Bonn Dialogues on Environment and Health

The [Bonn Dialogues](#) are a series of high-level online events within the framework of the [European Environment and Health Process](#) (EHP), aimed at fostering discussions on selected themes and topics among policy-makers across the WHO European Region. They provide the [European Environment and Health Task Force](#) (EHTF) and all interested parties with evidence and reflection points on well-known and emerging environment and health issues to accelerate the implementation of the [Budapest commitments](#).

The Bonn Dialogues are organized and promoted by the EHP Secretariat, located at the [WHO European Centre for Environment and Health](#) in Bonn, Germany, within the framework of the EHTF’s Programme of Work.



THE PEP

Transport, Health
and Environment
Pan-European Programme

