
NHS Highland / Sustrans Active Travel Engagement Project

Bicycle, bicycle, bicycle!

CASE STUDY

Kristina High, Consultant Anaesthetist, Raigmore


Kristina works in Anaesthetics at Raigmore and cycles in whenever she can, a trip of around 10 miles each way - downhill on the way to work, and uphill going home.

She's really committed to cycling and keeps going through the winter, making sure that she's got the right clothing and that her bike is set up well with the right tyres and lights.

Kristina says: "Sometimes I'm on call and I have to drive, but otherwise I cycle. I don't like seeing all the traffic and the car park rammed with cars, so I want to contribute to that as little as possible. I'm worried about the effects lots of short car journeys have on the planet. I also feel really good cycling to work and it helps me de-stress at the end of the day.

I support the Active Travel Project for the above reasons. I'd like to help people to travel less by car and to see fewer cars in the car park queuing to get in and out every day. I realise that some people don't have much alternative to driving, and I'd like to see it becoming easier for staff not to take their cars to work. As well as being good for the planet, it's also good for our mental and physical health!"

The Active Travel Engagement Project is a partnership between NHS Highland and Sustrans which supports staff to be more active for everyday journeys. Find out more:

Intranet: Staff / Active Travel /  NHS Highland Active Travel / Twitter @NHSH_ActiveTra /
Mobile 07584 281936 / email lizabeth.collie@nhs.scot

“Cycling instead of driving for everyday journeys is part of helping the climate.”

