

residents spend an extra 32 minutes per week walking, or nine minutes a cycling. It is estimated that this has the potential to increase life expectancy of residents of these areas by seven to nine months by reducing health risks caused by inactivity.

### Policy 68

#### Walking and Cycling

##### Walking

Where appropriate, development is expected to:

- A. Contribute towards the delivery of Liveable Neighbourhoods for all, through enhancements to walking connections to local destinations, transport hubs and amenities;
- B. Maximise opportunities to increase permeability of the in and around the development for people travelling by foot, bike or public transport.

##### Cycling

Where appropriate, development is expected to:

- A. Contribute and support the delivery of strategic or local cycle networks in the borough;
- B. Provide accessible, secure, and convenient cycle parking for all users, located in prominent locations, which meet or exceed Waltham Forest cycle parking standards, London Plan requirements and London Cycle Design Standards;
- C. Deliver accessible cycle parking for people using cargo bikes or adapted cycles, and for people who may not be able to lift bikes;
- D. Provide well-designed, accessible facilities including prominent and well-located showers, changing rooms and lockers.

**15.8** As stated in the Mayor of London's 'Healthy Streets for London' report, increasing physical exercise presents an important tool to tackling many of the borough's health challenges, including heart disease, adult and child obesity, diabetes, and mental health problems. While Waltham Forest enjoys a higher than average mode share for active travel across outer London, there is significant potential to increase this number, and it is estimated by TfL that 240,700 more trips could be cycled every day in the borough, and 73,400 could be walked.