



Walking or cycling to work instead of driving a car can improve people's feelings of health and happiness. That's what a study at the University of East Anglia in the UK suggests.

The BBC's Adam Brimelow reports.

For many people commuting is **a necessary evil**. Most see going by car or van as the 'least worst' option. This study by the researchers at the University of East Anglia challenges that **assumption**.

It suggests walking, cycling or travelling by public transport can **lift the mood**. Crucially, it suggests those who switch from the car to an active commute feel better across a range of psychological measures, including concentration, decision making and the ability **to face up to** problems.

The researchers say policies encouraging people to leave their cars at home could have a **dramatic** impact on public **wellbeing**.

Vocabulary and definitions

a necessary evil	something you don't like or enjoy but have to accept
assumption	something considered to be true, though there is no proof
lift the mood	make happier
to face up to	to accept or deal with
dramatic	sudden and easy to notice
wellbeing	the state of feeling healthy, happy and having enough money

Read and listen to the story and the vocabulary online:

http://www.bbc.co.uk/worldservice/learningenglish/language/wordsinthenews/2014/09/140915_witn_cycling.shtml

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