

# Physical Activity Transaction (PAT) Process:



Engaging behaviours, (*physical / economical*), within a sustainable consumption strategies to alleviate climate change scenarios:



## A - PAT Process - has Three Elements:

### Measure Process:

An individual downloads onto their Mobil phone / device, a Mobil device pedometer application, and after doing their physical activity, they upload their physical activity data, to their Mobil device pedometer application.

### Monitor Process:

An Individual's received physical activity data, is analysed by a PAT data analysts, to eliminate in physical activity data corruption processes, and to allocate points / codes to individuals, for their physical activity actions.

### Reward Process:

An individual goes to a registered PAT business / community vendor, to transact / exchange their points / codes, so that they can get a % discount, on either a conventional or sustainable product / service.

## What is a PAT - process?

What humanity needs now, is a simple / easily accessed concept, to alleviate anthropocentric climate change scenarios. This can be done by any PAT processes, which link physical activity behaviours within a sustainable consumption strategy.

This is done by encouraging individuals to do some form of physical activity, by allocating points or codes, for their physical activity actions. So that they can then exchange / transact these points / codes, for some form of reward within a business / community context (Evans, 2011, p.1).

## Benefits of PAT process:

An economical / human behaviour - sustainable consumption design, which allows consumers to spend their physical activity rewards, on either conventional or ecofriendly products.

An economical / consumption driver, for all countries, so they can become sustainable in their development and alleviate climate change scenarios:

Less dependence upon fossil fuel transport processes and elimination of anthropocentric climate change scenarios.

A sense of place of specific areas enhanced and thus individuals engage with pro environmental behaviour. Such as litter reduction and recycling etc.

Businesses engage their employees in physical activities, via PAT like consumption process. As a result more production is done, thus ensuring resilience of businesses within climate change adaption processes

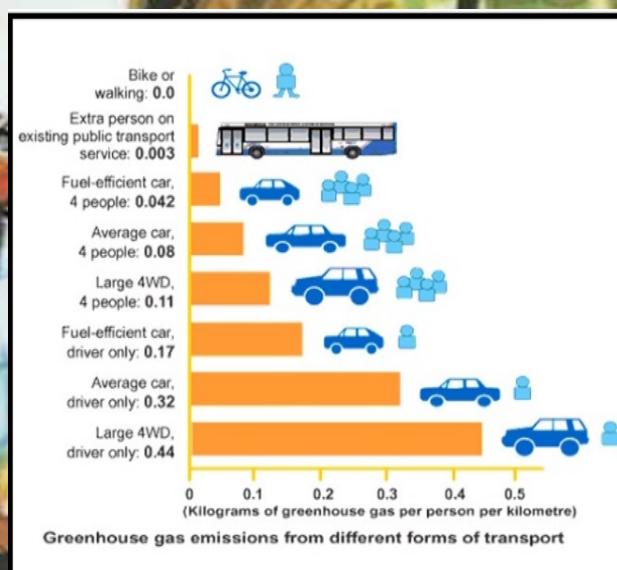
## Challenges:

Barriers for individuals to engage within sustainable consumption practices, and how can they be alleviated? Can a PAT process, only encourage, conventional consumption processes? (More stuff)?

How and why can physical activity / economical exchange data benefit society, and how could such a process reduce climate change? Or can it cause other issues e.g. privacy and nationalistic concerns, etc.?

Barriers to awareness / educational processes, in informing consumers what are sustainable services and products, which can reduce climate change?

Further research into how, why and if a PAT process, can be used to encourage less fossil fuel transport use, amongst other things?



The above graph indicates that physical activity, cuts around 0.40 kg of greenhouse gas, per person, per km.

If you wish to know more about a PAT process and how / why it can alleviate climate change scenarios, please contact below:

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Note: references for data / images used in this poster, are on the reverse of this poster



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