Active Transportation

-A Better Way to Get Around Town

- Active transportation is the integration of physical activity into daily routines like walking or biking to destinations such as work, grocery stores, or parks
- Start by replacing one car trip per week by walking or biking instead
- Incorporate physical activity into your daily routine and you'll be more likely to stick to it
- Worksites can support active transportation to and from work by improving the built environment to accommodate pedestrians and cyclists, providing bike facilities such as bike racks and storage, and providing locker rooms/shower facilities for employees
- Exercise boosts cognitive function, improves mood by reducing stress, anxiety and depression, increases energy level, and enhances work capacity

"Life is like riding a bicycle. To keep your balance, you must keep moving." -Albert Einstein