



# Active Transportation

Active transportation is using human power (e.g., walking, cycling) to get from place to place.<sup>1</sup> Active transportation increases physical activity and improves health.<sup>1</sup>



Active transportation is cheaper than the total costs of owning and using a vehicle<sup>1</sup>

20-30 minutes of walking everyday can increase physical and mental wellbeing<sup>1</sup>

Cycling is better for the environment than driving<sup>1</sup>

Active transportation can bring people together and make them feel more connected with their community<sup>2</sup>

Adding bike lanes can increase store visits and potential spending<sup>1</sup>

Active transportation can lower greenhouse gases and improve air quality<sup>3</sup>

Walking or cycling to work can reduce the risk of developing chronic disease by 11%<sup>1</sup>

Active transportation can improve muscle and bone strength<sup>2,4</sup>

## References:

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