

# TRY A HEALTHIER COMMUTE



**Put your commute to work—double duty!** When taking a clean commute to work, try to incorporate a bike or walk for part of your trip. You'll get in a great work-out and have more time to spend on something else after work. Better yet, commit to 100% active transportation on your way to work to reap greater health rewards and financial savings.

## Biking and walking to work are rich in benefits:

- Significant **health benefits** for walkers and cyclists: Adding at least 30 minutes of physical activity to your day will yield positive health outcomes.\*
- **Cost savings.** Cycling and walking are low to no cost commute methods.
- **Time savings.** Cyclists can bypass heavy traffic.
- **Lower your stress.** Besides getting stress-reducing exercise, you can also use walking time to relax with music or a podcast.

### Walk for Health & Savings

According to Hippocrates, "walking is man's best medicine." It's also the least expensive clean commute! Once you start commuting to work with your own two feet, consider expanding—you can walk during work with "walk while you talk" meetings, take quick walking breaks to recharge, and discover walkable lunch and errand options to make the most of your lunch break.



## Pedal your way to a healthier commute

Maybe you're an avid weekend cyclist and you're considering turning your hobby into your commute. Or maybe it's been a few years since you've ridden ... but it's as easy as getting back on a bike! Here are some tips for a successful bike commute that won't let you back-pedal on your plans:

- ✓ Plan a route based on your abilities—aim for 3-8 miles
- ✓ Try out your commute on a day off to get comfortable with the route
- ✓ Dress for success in comfortable layers and be prepared for weather (there's only bad clothing, not bad bike weather!)
- ✓ Use panniers, a rack, or a basket instead of wearing a backpack for convenience and comfort
- ✓ Look for a local bike clinic or maintenance workshop

## Walk this way!

Incorporate some of these suggestions for a better walk to work:

- ✓ Choose the right footwear—always consider weather and traction
- ✓ Grab the better bag—use a comfortable and waterproof bag or backpack
- ✓ Bring an umbrella or raincoat and be prepared—don't let the weather put a damper on your walk
- ✓ Track your mileage and set goals to motivate more walking

### Go Multi-Modal!

Customize your active commute with multiple forms of clean transportation, including transit. Here are a few options:

**Park and Pedal.** Drive to a park and ride, park for free, and bike the rest of the way

**Bike to Transit.** Bike to a transit stop and bring your bike with you

**Walk to Transit.** Find stops that work for you within walking distance to home and/or work

\* <https://www.mayoclinic.org/healthy-lifestyle/fitness/expert-answers/exercise/faq-20057916>