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To:
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CommuteInfo Connections

August 2017

Walk or Bike Your Way to a Healthier You



ATTENTION all commuters, employers, or anyone needing to travel to work or school. Have you ever considered walking or biking to work? Or interested in opportunities to increase your physical activity? Then walking or biking either the entire way or for just part of your trip may be the answer for you.

Studies show public transit use was associated with less obesity, increased activity, lowered passenger fatality rates, and lowered stress levels. For those who share their ride, studies show they were more relaxed, showed healthier behaviors, less inactivity, and longevity.

Walking and biking as part of your commute can build in some extra physical activity into your daily school or work schedule. Here are some tips to help you get started:

- Wear well-fitted, supportive and moisture wicking shoes and socks
- Wear lightweight, light colored clothing

- Wear sunscreen
- Keep hydrated

And to get some extra steps:

- When taking the bus, get off a stop or two before your regular stop and walk
- When carpooling or vanpooling, park a little farther away from the office or school and walk

<http://walkpittsburgh.org/walk/neighborhood>, <http://bicycling.com/culture/news/the-50-best-bike-cities-of-2016>



Your daily walking or biking does not have to stop with your daily commute. Here are tips to help you ramp up your steps:

- *Walk during your lunch break, check out what is happening in your work neighborhood*
- *Take steps instead of elevator*
- *Set goals*
- *Find a friend to walk or bike with and support each other in meeting your goals*



For those who have fur babies, you may want to include them into your walking or biking routine.

**STREET
SMARTS**

WALK SAFE

When you're walking to and from work or school, it's easy to be distracted or have your mind wander. That can be dangerous, which is why you should always remain alert and rely on these basic street smarts to stay safe.

- Always look left, right and left before crossing
- Use sidewalks whenever they're available - if they aren't, walk on the left side of the road facing traffic
- If possible, cross streets only at marked crosswalks or intersections - crossing anywhere else is dangerous and may be illegal in that area
- Remain on the curb while waiting to cross, and stand clear of things like parked cars and hedges so drivers can

see you

- Obey all traffic signals, including walk/don't walk signals and pedestrian directional signs
- Make eye contact with drivers so you know they see you and understand your intention
 - Don't wear headphones or talk on a cell phone while crossing
- Be aware of buses that may be traveling in specially designated lanes that flow in reverse of regular traffic
 - Assume traffic is traveling in both directions, even on one-way streets

http://www.commuteinfo.org/comm_options_other.shtml

Outreach & Events

Interested in having CommuteInfo at your community/employee event or meeting, or if you would like additional information, please contact us at commuteinfo@spcregion.org.



a better way to work

Operating a customer-focused full service commuting options resource center, running the region's vanpool and carpool programs, and facilitating the forum for coordinating regional ridesharing efforts--SPC's CommuteInfo Program is the regional one stop shop for ridesharing services.



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