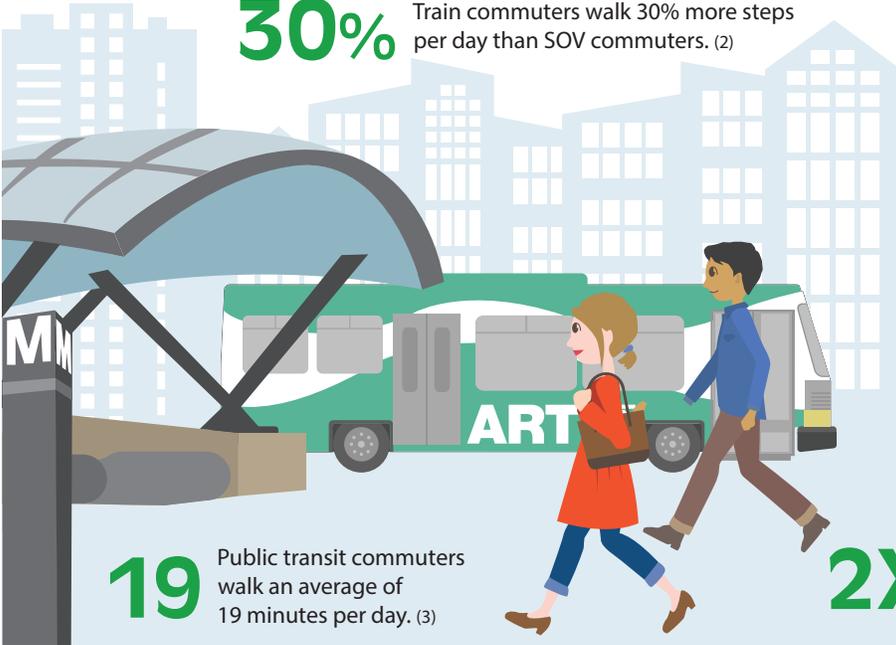


BUS/METRO

30% Train commuters walk 30% more steps per day than SOV commuters. (2)



19 Public transit commuters walk an average of 19 minutes per day. (3)

2X People who commute by public transit achieve twice as much exercise as SOV commuters. (1)

WALK

20%

Walking in nature improves memory and attention span by up to 20%. (4)

Walking improves a sense of community and connectivity. (5)



BIKE

50%

Bicycle commuting can reduce risk of heart disease by 50%. (6)

540 Commuting by bike burns an average of 540 calories per hour. (7)



ACTIVE VS INACTIVE TRANSPORTATION

SINGLE OCCUPANCY VEHICLE

6% Each hour spent in a car is associated with a 6% increase in likelihood of obesity. (8)

Driving more than 10 miles each way is associated with higher blood sugar and higher cholesterol. (9)



MOTORBIKE

Motorcycles emit roughly the same amount of CO₂ emission as a SOV. (10)



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