Train commuters are **4x more likely** to reach the recommended 10,000 daily steps than car commuters.

Communities with public transit see a **16% reduction** in many medical conditions.

**Make your commute a little healthier:** Walk, bike, or take the train or bus!

Walking to and from public transit helps people reach the recommended **22 minutes per day** of moderate aerobic activity.
Walking or biking is an easy and inexpensive way to increase physical activity. No gym membership required!

22 minutes of brisk walking each day can reduce your risk of developing high blood pressure by 30%.

Make your commute a little healthier: Walk, bike, or take the train or bus!

Biking 20 miles per week can reduce your risk of heart disease by 50%.
Active Transit & Mental Health

Make your commute a little healthier: Walk, bike, or take the train or bus!

People who commute by public transit or bike report significantly lower levels of stress than those who drive.

Increased neighborhood walkability is associated with reduced symptoms of depression.

Public transit can reduce emotional stress by improving people’s access to education, employment, and social activities.

SOURCE: AMERICAN PUBLIC TRANSPORTATION ASSOC. / PHOTO: GRETCHEN ERTL
Public transit provides basic mobility and accessibility, particularly for people with disabilities and lower-income seniors.

Make your commute a little healthier: Walk, bike, or take the train or bus!

Non-drivers aged 65 or older make 15% fewer trips to the doctor annually compared to those who drive.

Over the course of a year, about 4% of U.S. children couldn’t access necessary medical services because of inadequate transportation.

SOURCE: AMERICAN PUBLIC TRANSPORTATION ASSOC. / PHOTO: GRETCHEN ERTL