



**THE AVERAGE
WEIGHT LOST
BY BIKING
OR WALKING
FOR 30+ MINUTES
FOR 2 YEARS**

YOUR RISK OF A HEART ATTACK IS

3X LOWER

WHEN USING ALTERNATIVE
TRANSPORTATION VS DRIVING ALONE



**EVERY
10 MINUTES
SPENT
COMMUTING**
REDUCES SOCIAL
CONNECTIONS BY

10%

CARPOOL, VANPOOL,
AND TAKING THE BUS
**PROVIDE TIME TO
REST READ & RELAX**



VANPOOLING
LOWERS YOUR
STRESS LEVELS

**HEALTHY
COMMUTE
HAPPY COMMUTE**

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ACHD

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