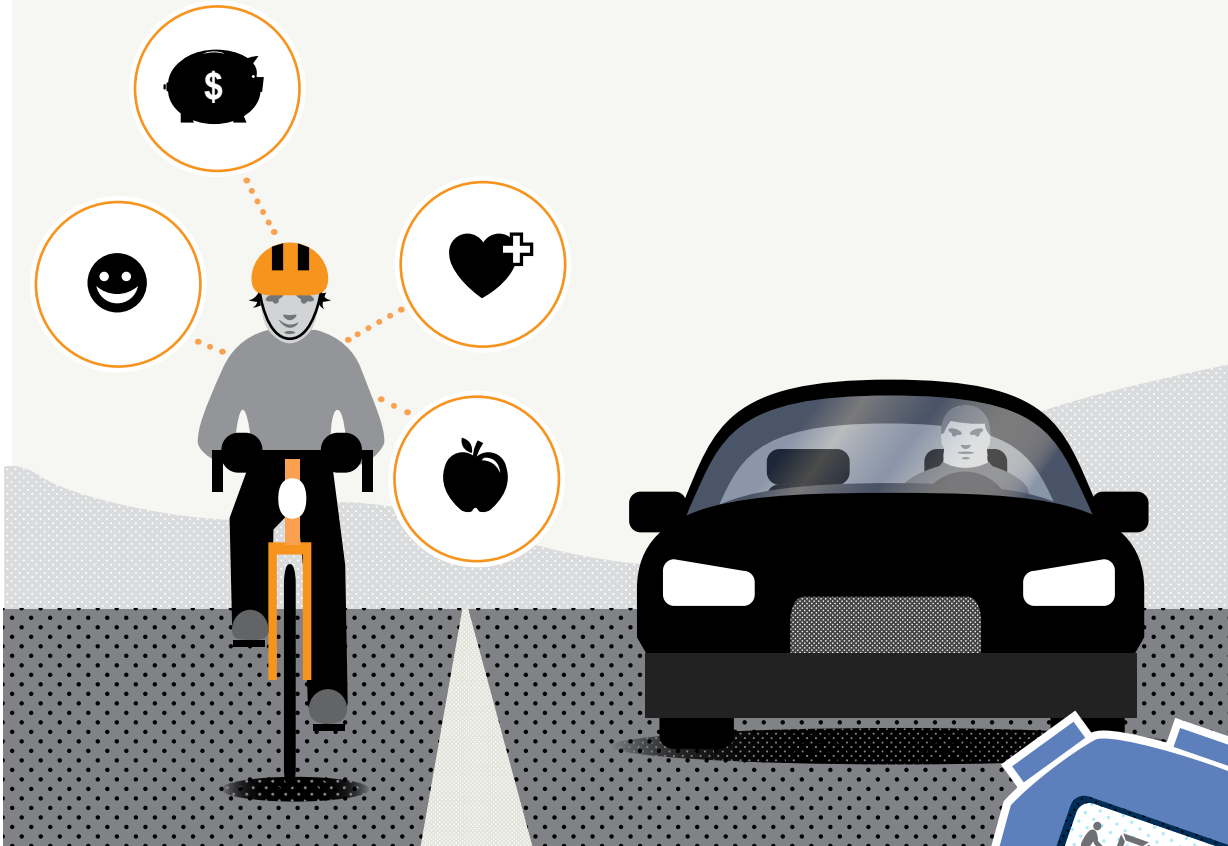


GRAND TRAVERSE AREA LOCAL MOTION

IT'S ABOUT HEALTH

Here in the Grand Traverse region, our long distance commutes are having a big impact on our health. In fact, most Grand Traverse area workers spend about 46 minutes sitting alone in their cars each day traveling to and from work.¹

Benefits of bike commuting: feelings of freedom, relaxation, and excitement; higher levels of self-confidence and well-being; lower blood pressure; happier and more productive at work.



TIME

On average we spend 46 minutes a day going to and from work.³



MONEY

Grand Traverse area families spend, on average, \$15,000 a year on transportation.⁴



DISTANCE

Grand Traverse workers drive nearly twice as many miles per year than the national average.

THE AVERAGE PERSON ONLY WALKS

6 MIN PER DAY²



30 minutes a day walking will burn 250 calories, or enough to lose 1/2 lb a week.

Adding a short walk, even to your nearest bus stop, into your commute is a great way to reach the recommended daily exercise without stepping foot in a gym



HOW TO BOOST YOUR COMMUTE

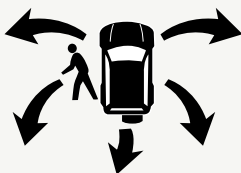
MULTI-SEASON BIKING

If you're a summer biker, try two wheels in the winter. You just might enjoy the exhilarating morning commute.



PARK ONCE

Walking to several destinations is good, hassle-free exercise. Hopefully your community builds things close together so you can park once and walk.



BUILD BETTER STREETS

Communities should provide bike- and pedestrian-friendly streets that are safe, comfortable, and attractive.



LOCALMOTION

howyougetthere.org

MICHIGAN
LAND USE
INSTITUTE

¹ MDOT

² Victoria Policy Institute

⁴ MDOT

³ Center for Neighborhood Technology