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.

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

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

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.

On average we spend 46 minutes a day going to and from work.²

Grand Traverse area families spend, on average, $15,000 a year on transportation.³

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.

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¹ MDOT ² Victoria Policy Institute ³ MDOT ⁴ Center for Neighborhood Technology