



### Quickest Route Doesn't Mean Safest Route

It's great to find the quickest route to your destination, but it may not always be the safest route. Be sure to find a route that balances time and safety.

### Tip #5

#### Start Small and Build Up



If switching your commute entirely feels too challenging, try small steps. For example, start by taking public transit for part of the week or biking to work on one day. Gradually build up more sustainable habits.

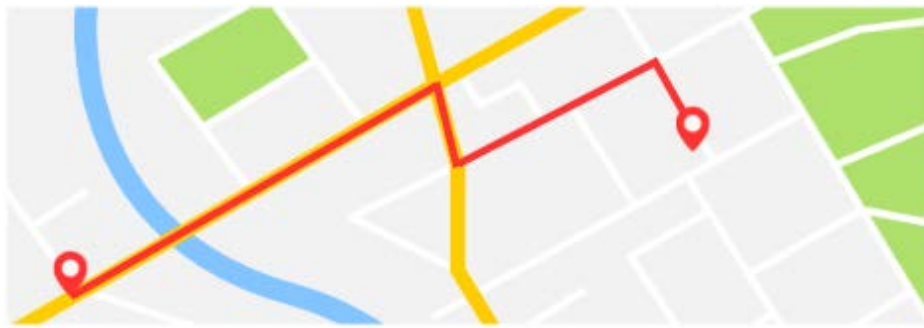
### Tip #6

#### Track and Adjust



Keep track of how your new commuting habits are working out. Are you saving time, money, and stress? Are the environmental benefits adding up? Adjust as needed to make your commutes even more sustainable.





## Planning Your Commute

Planning an active commute ensures you arrive on time, stay safe, and make the most of the health and environmental benefits. Here are some tips to consider when planning your active commute.

### Tip #1 Assess Your Current Commute

Look at how you currently get to work or other places. Is driving alone your main option? What distance do you cover, and how much time do you spend commuting?

Identify any gaps where you could shift to do more sustainable transportation options.

### Tip #2 Choose Sustainable Transport Options



**Walking:** If your destination is nearby, walking is a great eco-friendly option.



**Biking:** If you live within a reasonable distance, biking is both sustainable and healthy.



**Public Transportation:** Buses reduce the number of cars on the road and are efficient alternatives.



**Carpooling:** Sharing a ride with others reduce the number of vehicles on the road



**Park and Ride:** If you live in a rural area, park and ride options allow you to drive part of the way and then switch to a sustainable commute.

### Tip #3

### Consider Safety and Convenience



**Route Planning:** Look up safe and efficient routes, especially if walking or biking. Apps like Google Maps or local cycling apps can show bike lanes or pedestrian-friendly paths.



**Weather:** Be prepared for weather by keeping a backup plan, such as a rain gear, bus schedule, or carpooling.



**Safety Concerns:** If you're walking or biking, make sure to choose routes that are well-lit and populated. Consider commuting with a friend or joining a group if you're unsure about safety.



### Tip #4

### Flexibility and Timing

Plan your day around your commute. Can you adjust your schedule to avoid peak traffic times? This can make biking or using public transit more feasible.

Consider adjusting your commute for lunch breaks or errands, like walking to a nearby coffee shop or running errands on foot.



#### Riding your bike?

Protect your ride and don't forget to bring your bike lock! Look for a fixed object like a bike rack or metal post and lock through the frame and a wheel if possible.