

NEW YEAR, 2020 NEW COMMUTE



Make a resolution to change the way you commute in 2020

DID YOU KNOW

Save Money

Save up to \$930 per month by traveling on transit (MTS, 2019)

Burn Calories

Walking 3.2-miles round trip burns about 250 calories, amounting to roughly 5,000 calories per month and 60,000 per year (Business Insider, 2015)

Help the Environment

Vehicles are America's biggest air quality compromisers, producing about 1/3 of all U.S. air pollution (National Geographic, 2019)

Improve Your Health

Studies have shown that cycling to work improves cognitive functions, lowers blood pressure, and improves cholesterol (Psychology Today, 2015)

A new year often brings with it the promise and resolutions. Maybe you are trying to save money, reduce stress, lose weight, help the environment, or spend more time at home with loved ones. A simple solution to many of your goals can be changing your commute. Commuters who share the ride to work in any mode other than driving alone, like a carpool/vanpool, bike, walk, train, or scooter, can use the time spent on their daily commute to help achieve their New Years resolutions.

How will you commute differently in 2020?

