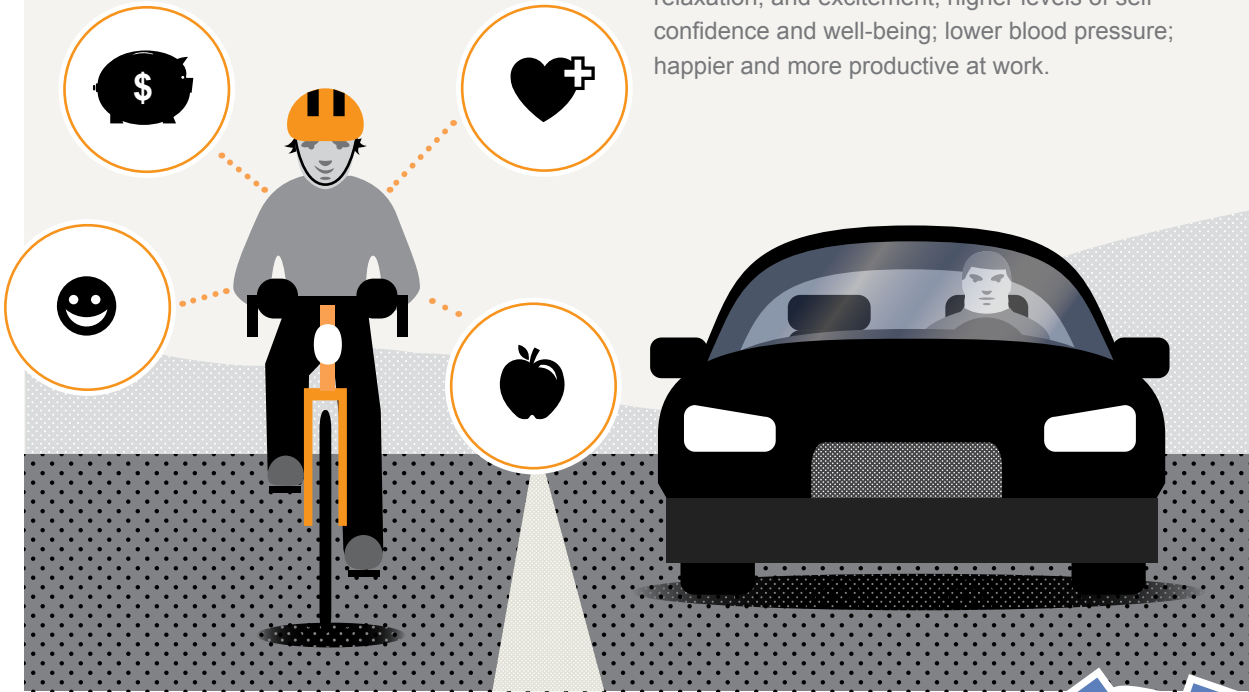


# GRAND TRAVERSE AREA LOCAL MOTION

## 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.<sup>1</sup>

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.<sup>3</sup>



### MONEY

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



### DISTANCE

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

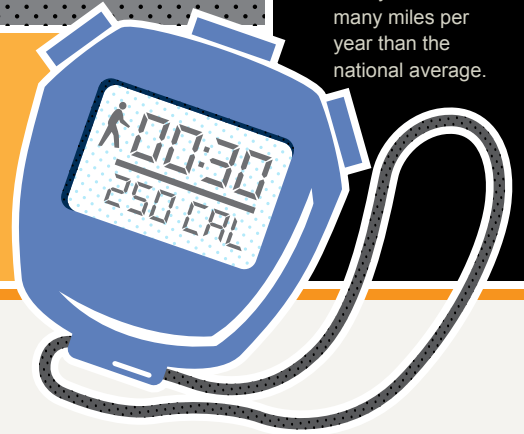
THE AVERAGE PERSON ONLY WALKS

**6 MIN PER DAY<sup>2</sup>**



30 minutes a day walking will burn 250 calories, or enough to lose a 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.



Local Motion is a new northwest Michigan program to improve transportation choices in the Grand Traverse area, and make it easier for us to carpool, bike, bus, or walk to work.

LOCALMOTION  
howyougetthere.org

MICHIGAN  
LAND USE  
INSTITUTE

<sup>1</sup> MDOT <sup>2</sup> Victoria Policy Institute <sup>3</sup> Center for Neighborhood Technology <sup>4</sup> MDOT