

Take *action* for better health

Using active transportation to get to work puts you on the path to a healthier lifestyle. Being active pays dividends and can help you feel better, so why not incorporate healthy habits into your daily commute? Sun Rideshare, a regional commuter assistance program, offers services to get you started.

Get *active* on your way to work

WALK

- Walking contributes to better health, such as improved fitness and better weight management.
- For commutes less than 1 mile, this is a great free option.
- Other benefits include reduced stress and a reduced risk of chronic disease.

CYCLE

- For commutes less than 5 miles, this is another healthy option for improved fitness and reduced stress.
- Cycling to work is easier with Tucson's bike-friendly streets and The Loop, which is 120 miles of paved pathways and bike lanes in Pima County.
- Plan your route: <https://gismaps.pagnet.org/bikewaysmap/> or https://webcms.pima.gov/government/the_loop/

USE TRANSIT

- Walk or ride your bike to the bus stop to add physical activity to your day.
- Letting someone else drive can help reduce your stress.
- Meet people and make new friends to expand your social connections.
- Using public transportation also leads to cleaner air by reducing the number of vehicles on the road. In turn, cleaner air reduces health risks.
- Transit options: Sun Tran, Sun Express, Sun Van, Sun Shuttle, Sun Shuttle Dial-a-Ride, Sun Link or Pima Find a Ride.
- Plan your trip by visiting SunTran.com or learn more about transit options at PAGregion.com.

SIGN UP!

Take action today and register at SunRideshare.org to get on a new path to better health or contact your organization's transportation coordinator to learn more.



Sun Rideshare is a program of Pima Association of Governments (PAG), the region's metropolitan planning organization.



Not only is active transportation healthy, social and environmentally friendly, it puts money in your pocket with savings on gas, parking and vehicle maintenance costs.

Try Ridesharing

Teaming up with co-workers to commute by carpooling or vanpooling also can lead to reduced stress and cost savings, including through potential federal or employer-offered vanpool subsidies.

