



ACTIVE TRANSPORTATION SUPPORTS BETTER HEALTH

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Walking and cycling are active ways you can commute to your workplace to clear your mind and improve your health, and active transportation can lead to cleaner air. If your active commute is a little too far, connect with a bus at the nearest bus stop to take you the rest of the way.

To start your journey to better health, incorporate these healthy habits into your daily commute:

WALK, BIKE or USE TRANSIT

- Walking or cycling **one or more days a week** contributes to better weight management and improved fitness. Other benefits include reduced stress and a reduced risk of chronic disease.
- For walking commutes **less than 1 mile** or cycling commutes **less than 5 miles**, connect with transit.
- The greater Tucson region has a connected and friendly bike network, including access to The Loop, a 137-mile route of **paved pathways and bike lanes** around Pima County, and bike-friendly streets and other amenities in the City of Tucson.
- Riding the bus as part of your active commute and letting someone else drive is another way to reduce stress. Meet people and make new friends to expand your social connections. Riding the bus means one less vehicle on the road and a **reduction in vehicle emissions**.



TRANSIT OPTIONS

- Sun Tran
- Sun Express
- Sun Van
- Sun Shuttle
- Sun Shuttle Dial-a-Ride
- Sun Link
- SunTran.com or
- PimaFindaRide.org

Plan Your Bike Route



Tucson Metro
Bike Map



The Loop



Sun Rideshare is a commuter assistance program of Pima Association of Governments (PAG), the region's designated air quality planning agency and manager of the region's Travel Reduction Program for participating employers. Learn more at SunRideshare.org.

