



Encouraging Physical Activity During the Daily Commute

Active Commuting

Starting out your day with physical activity leads to a healthier lifestyle and helps save money. For employees who do not have time to fit in physical activity during other times of the day, this is a great way to be active, lose weight, and be healthy. Active commuting that incorporates cycling and walking is associated with an 11% reduction in cardiovascular risk. Below are some tips on how to promote alternative and active modes of transportation among employees:

Biking

- Provide showers and lockers on site for employees to use after biking to work
- Provide secure bicycle storage facilities and basic bicycle maintenance tools on site (air pump, patch kit, etc.)
- Create a bike-share program in your office for those who do not own their own bicycle
- Promote May as National Bike Month; encourage a monthly “bike to work” day
- Establish a company-wide “Share the Road” workshop to teach about biker safety
- Hold office-wide drawings for useful equipment (helmets, shoes, water bottles, etc.)
- Work with local bike shops to set up a company discount on equipment for employees

Walking

- Create a walking club in the office – people are more likely to walk if they can find someone else to do it with
- Advertise paths or trails via signage and company publications
- Provide financial incentives to employees who use alternative forms of transportation (ex. awarding the price of parking for those who walk or bike)

Getting a Community Moving

The Active Business program in Chapel Hill, NC is an initiative focused on helping businesses provide support for employees to be physically active in the workplace. This program encourages the use of alternative, active forms of transportation, as well as improving road safety. The major accomplishments of this initiative include the implementation of city-wide “Walking Wednesdays”, and securing funds for road/path improvement from the town council. They are creating a healthy community where employees are active during the workday, and the environment supports safe, active choices.

Source: activelivingbydesign.org



Image from phillyburbs.com

Public Transportation

- Use of public transportation not only improves air quality, but often results in less stressful and shorter commutes which leads to better health
- Walking to and from the bus stop is a great way to incorporate physical activity into your day - public transit users spend roughly 8 more minutes walking each day than drivers
- Offer discounted or subsidized public transport passes to employees
- Establish a bus stop near your worksite