



### *Try a Healthy Commute*

Ever wish you could turn your trip to work into “me” time? You can, with a healthy commute! A healthy commute is any time you travel to or from work in a way that doesn’t have you driving alone. Traveling by transit, carpool, vanpool, bicycle, walking or teleworking can help you reduce stress and increase physical activity. It can also give you time back to do the things you love, like connecting with friends.

The [U.S. Centers for Disease Control and Prevention](#) recommends adults average at least 150 minutes of moderate physical activity each week – that’s just 22 minutes per day! There are many ways to accomplish this while commuting, such as biking to work or walking to and from transit stops. Start by changing the way you commute just one day a week and you’ll begin to feel the health benefits. The quality of life in Central Texas will benefit as well, through improved air quality and reduced traffic congestion.

For more information about commuting in Central Texas, please visit [AirCentralTexas.org](http://AirCentralTexas.org).