

## MAKE YOUR MOVE TO GET PLACES



### QUICK TIPS FOR ACTIVE TRANSPORTATION

- Walk, run or wheel (bike, scooter, wheelchair, skateboard) to get to your mailbox, the store, school or work
- Combine active transportation and public transit: get off the bus a few stops early and ride or walk the rest of the way
- Park farther from the grocery store or mall (at the back of the lot or a few blocks away) and do a few extra laps while you're there
- Working from home? Try a "fake commute": use what would be travel time to walk outside or do some stretches/exercises at home
- Live in a rural area? Park on the edge of town and walk or wheel to do your errands

