

# Lifestyle Tips



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## Public Transit and Physical Activity

It may come as a surprise that getting onto a bus or train will get you more active—but results from a recent study show that people who take public transit are more likely to meet physical activity recommendations than people who don't take public transit. If you think about it, walking or wheeling to and from the bus stop or train station are great opportunities for daily activity. The same study shows that those taking more frequent car trips are the least likely to meet physical activity recommendations. This research supports the idea that you don't need to go to the gym to get moving. Small choices, made every day, can add up to a healthier lifestyle!

The benefits of riding the rails or getting on the bus, Gus, don't end at meeting the physical activity guidelines. Using public transit is a healthier choice for you and the community:

- Health and personal benefits—meet Canada's recommended physical activity guidelines, reduce air pollutants that negatively affect lung and heart health and enjoy the



convenience of reading the newspaper as you travel.

- Economic benefits – save money on the cost of running a car, reduce healthcare costs from transportation-related emissions and reduce roadway construction and maintenance costs.
- Community benefits – increase social interaction, support community-based businesses, decrease

traffic noise and reduce traffic jams and parking hassles.

- Environmental benefits – reduce toxic air pollution, reduce the threat of climate change, conserve natural habitat, reduce the need for non-renewable fossil fuel and reduce ozone layer destruction.
- Employer benefits (associated with providing transit passes and locating in transit supportive



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environments) – reduce sick days, reduce parking needs, increase productivity and enhance public image.

For more information on physical activity and public transportation, check out the following sources:

**Canadian Urban Transit Association – CUTA**

The Canadian Urban Transit Association represents the public transit community in Canada, and engages in a multitude of activities in support of its mission

and goals. These include conferences, public affairs, awards, exhibitions, technical services, research, statistics and government relations.

<http://www.cutaactu.ca/en/home>

**Commuter Challenge**

The Commuter Challenge encourages Canadians to walk, cycle, take transit, carpool (ride share) or tele-work, instead of driving alone to work. By registering your participation online, you can see the results of your own healthier commutes add up!

The website tallies greenhouse gas reductions by taking into account kilometres not traveled when you leave your car at home.

<http://www.commuterchallenge.ca/>

**One Million Acts of Green**

Register your choice to take public transit with the website and it will calculate how your act combines with those of your fellow Canadians to add up to greenhouse gases saved.

<http://green.cbc.ca/Default.aspx>

