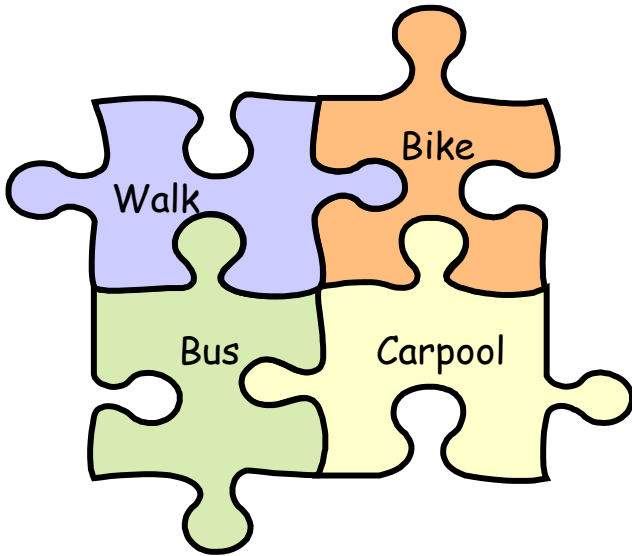


# Get Active! ... get out of your car!



Using our cars less

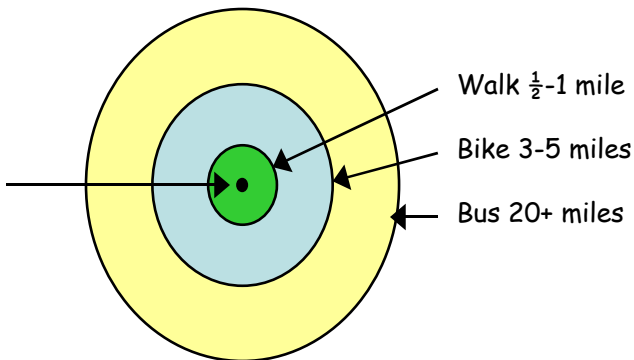
- Improves the environment & public health
- Saves money
- Improves our quality of life

Every bit that we do matters

- 100% is not necessary

	Health	Cost	Weather	Distance
Walk	★★★★			
Bike	★★★★	\$		
Bus	★★	\$\$		
Carpool	★	\$\$\$		
Car		\$\$\$\$		

If you are here at the center  
(at home, work, etc.), think  
of "zones" around you



Contact Simply Living's Active Transportation Project at [transportation@simplyliving.org](mailto:transportation@simplyliving.org) to schedule our presentation for your group: *Walk, Bus, Bike: Routes to a Healthier Society*. Learn more online at [www.SimplyLiving.org/transportation](http://www.SimplyLiving.org/transportation)

# Studies/Reports/Resources

## **Walking to Public Transit: Steps to Help Meet Physical Activity Recommendations**

*Lilah M. Besser, MSPH, Andrew L. Dannenberg, MD, MPH*

## **Transit and Health: Mode of Transport, Employer-Sponsored Public Transit Pass Programs, and Physical Activity**

*Ugo LaChapelle and Lawrence D. Frank*

*School of Community & Regional Planning, University of British Columbia, Vancouver, BC, Canada*

*Correspondence: Ugo Lachapelle, School of Community & Regional Planning, University of British Columbia, 433 – 6333 Memorial Road, Vancouver, BC, Canada V6T 1Z2.*

## **Land Use Affects Public Health (May 2003)**

*Prepared Karen Petersmarck, PhD, MPH, Michigan Department of Community Health, and, Risa Wilkerson, Director of Active Community Environments, Governor's Council on Physical Fitness, Health and Sports*

*[www.michiganlanduse.org/resources/councilresources/LU\\_Affects\\_Public\\_Health.pdf](http://www.michiganlanduse.org/resources/councilresources/LU_Affects_Public_Health.pdf)*

## **Surface Transportation Policy Project: Fact Sheets:**

**Safety & Health:** [www.transact.org/issues/intro\\_hss.asp](http://www.transact.org/issues/intro_hss.asp)

**Social Equity and Livable Communities:** [www.transact.org/issues/intro\\_elc.asp](http://www.transact.org/issues/intro_elc.asp)

## **Smart Growth America**

### **Report: “Measuring the Health Effects of Sprawl”**

*[www.smartgrowthamerica.org/healthreport.html](http://www.smartgrowthamerica.org/healthreport.html)*

## **CDC: Designing and Building Healthy Places**

[www.cdc.gov/healthyplaces](http://www.cdc.gov/healthyplaces)

## **Association of State and Territorial Health Officials**

[www.astho.org/programs/environmental-health](http://www.astho.org/programs/environmental-health)