

## Benefits of Biking and Walking

### Health

Biking and walking are active modes of transportation and can improve one's health significantly. According to the Federal Highway Administration's (FHWA) National Household Travel Survey (NHTS) performed in 2009, **68% of vehicle trips in the United States were between half a mile and two miles.**<sup>i</sup> This means that the majority of the trips we make in a car can easily be substituted with biking or walking (given safe and appropriate facilities). Biking and walking can also be enjoyable forms of exercise and have been proven to reduce cardiovascular disease and diabetes by 14 percent.<sup>ii</sup>



### Economical

Today, if one were to bike or walk two miles to work they would save, on average, \$125 a year in fuel costs.<sup>iii</sup> Choosing to use these alternate modes of transportation instead of driving can save individuals and families not only money in fuel costs but in vehicle maintenance and insurance costs as well. Similarly, biking and walking can save the headache of having to sit in traffic and reduce congestion for cities and communities.



### Environmental

Speaking of congestion, biking and walking can significantly decrease greenhouse gas emissions which come from the use of fossil fuels in cars and trucks. For the same individual who chooses to bike or walk two miles to work each day instead of driving, they can prevent roughly 700 pounds of carbon dioxide from being emitted into our atmosphere.<sup>iv</sup> Reductions in these harsh emissions can significantly increase our health and quality of life.



<sup>i</sup> <http://www.fhwa.dot.gov/policy/2010cpr/chap1.htm> Source: FHWA 2009 NHTS

<sup>ii</sup> Maizlish, N. et al 2012 [Health Cobenefits and Transportation-Related Reduction in Greenhouse Gas Emissions in the San Francisco Bay Area](#)

<sup>iii</sup> This is using 25 MPG, \$3.50 per gallon of fuel, and a five-day work week

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