

**Did you know you could enhance your health and wellness program by supporting active transportation options?** When employers encourage and support active travel modes like walking and biking, employees are more likely to take advantage of those options rather than driving alone. Let these interesting facts motivate you to further support walking, biking, and riding transit.

- The [CDC](#) recommends 150 minutes of activity every week as long as you're doing physical activity at a moderate or vigorous effort for at least 10 minutes at a time. That could be a walk to the train station or a bike ride to lunch.
- The U.S. Department of Health and Human Services reports regular physical activity can improve an employee's work performance by up to 52%.
- Preventative Medicine states active commuting that incorporates walking or biking is associated with an overall 11% reduction in cardiovascular risk.
- Women who walk or bike 30+ minutes per day have a lower risk of developing breast cancer according to the European Journal of Epidemiology.
- In a [publication](#) by Ralph Buehler regarding biking in DC, he finds individuals who wish to cycle to work may seek an employer that provides bike parking, showers, and clothes lockers.
- A [British study](#) supports the hypothesis that intrinsic enjoyment is gained from the exercise or relaxation associated with active travel.
- [Incorporating an active commute](#) into our daily routine relieves us of anxiety and stress and further improves our cognitive performance, particularly in mental processes such as thinking, understanding, and remembering.

Pulling from numerous studies and publications, the Alliance for Biking and Walking [Benchmarking Report](#), 2016 shows additional support for active commuting:

- Thirty percent of adults in Georgia are obese.
- In state rankings of commuters getting the recommended amount of physical activity, Georgia ranks 25th.
- While women represent 47% of the commuter population in Georgia, only 18% of bike commuters are female.
- Millennials are less car-focused than older Americans and previous generations of young people and their transportation behaviors continue to change in ways that reduce driving.
- A 2015 study found that among walking, driving, and transit, walking was perceived as the least stressful mode of transportation.
- A national survey conducted by Princeton Survey Research Associates International in 2012 found that more than 60% of respondents in all demographic categories — gender, race, income, education and political affiliation — agreed that their community would be a better place if biking were safer and more comfortable.
- An increasing number of US cities have adopted zoning ordinances that require new office buildings to provide more bike parking and cyclist showers and less car parking, with the goal to encourage bicycling to work.

The proof is in the pudding that active transportation can have positive impacts on employee's health, performance and overall happiness. Incorporate active transportation into your health and wellness program and help make Perimeter an even greater place to live, work and play!