



# 5 Reasons to Use Alternative Transportation

If traffic delays are taxing your patience, consider these five reasons to reduce your congestion frustration for a better commute:

- 1. Get a little extra exercise**—Walk, bike, skateboard, skate, or skip into work. It'll make getting the recommended amount of physical activity each week even easier.
- 2. Stress over one less thing**—When you choose to take alternative transportation over your own vehicle, you don't have to stress about gridlock or parking.
- 3. Give your budget a break**—Gas, parking, and wear and tear on your vehicle—from driving yourself to and from work every day—can nickel and dime your budget.
- 4. Be nice to the environment**—Every time you choose to not drive yourself to work, you're limiting gas consumption and reducing carbon emissions.
- 5. Take a little "you" time**—Embracing alternative transportation gives you an opportunity to multitask: call your mom, read a book, get lost in music, or plan a getaway.

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