

"I ride transit because it's economical."  
— Sulis

VOICES OF THE TWIN CITIES

"Riding a bicycle has helped lower cholesterol in my body. It acted as a mood enhancer, as well."  
— Winnie

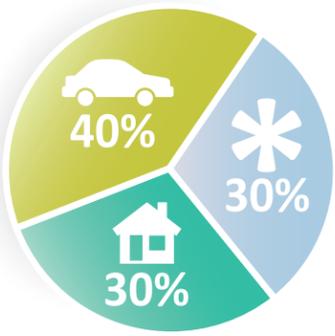
"I saved some money on gas, I'm in shape now, and I love it. I ride my bike everywhere. I save the planet too because I don't use my car."  
— Victor

"I ride transit because it is cheap and efficient."  
— Faisal

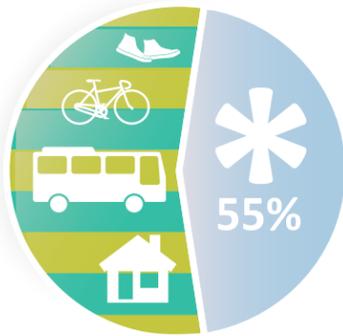
# Move Freely

YOU SPEND A LOT TO GET AROUND. CHECK OUT YOUR OPTIONS, SAVE MONEY, AND IMPROVE YOUR QUALITY OF LIFE

## Where Does Your Money Go?



The average family earning \$20,000 a year spends more on transportation than housing  
\* = Everything else



Families save 25% or more of their income by using transit, bicycling, walking, and living close to where they need to go.

## KNOW YOUR OPTIONS



**Walking**  
It's free & always there.



**Bus & Train**  
Look for MetroTransit for routes, times, and rates.



**Car Sharing**  
The use of a car without all the costs. Use HOURCAR or Car2Go.



**Bike Sharing**  
The use of a bike without all the costs. Check out NiceRide for details.



**Bicycling**  
Buy or Earn-a-Bike at a community bike shop like Cycles for Change or Spokes.

## How much does it cost to get around?



## KNOW YOUR TRIP

About 25% of all trips are 1 mile or less

Nearly 50% of all trips are 3 miles or less

1 mile takes 15 min

1 mile takes 5 min

It takes 13min. by bike to go from the Saint Paul Central Library to Metro State University. That's 36min. walking and 15min. by bus.



## BY USING [Transit, Bicycle, Walking] YOU SAVE

Nearly \$4,000 in 1 year

In 5 years that's \$20K

What would you do with that much savings?



## AVOID THE HIDDEN COSTS OF DRIVING

Your health & the bills that come with it!

Driving increases your risk of obesity and can poorly affect your mental health.

Medical costs decrease when you treat your body right.



## What can active transportation do for you?

Walking or biking 30 min. a day, 5 days a week, while eating better can:



Cut in half the risk of type 2 diabetes & heart disease. Reduce stress, high blood pressure & cholesterol.

Prevent anxiety & depression. Promote relaxation.



Reduce pain. Improve function, mobility & mood.