

## **Add A Bit Of Healthy Variety To Your Daily Transportation**

These days a lot of people are convinced that as soon as you become old enough to drive, having access to a motor vehicle is a basic necessity of life. However, this does not mean you need one for every trip. Cars can be useful in many ways, but no single tool is the best choice for every job.

It's far too easy to fall into the habit of auto-matically (pun intended) reaching for the car keys each time you want to go somewhere. The unfortunate consequence of so many people behaving this way is a long list of serious problems that range all the way from the personal to the global. Happily, just about all of us can help to significantly reduce these problems by simply making it a practice of first considering the alternatives, and choosing one of them whenever it makes sense.

The goal of the City's Bicycle and Pedestrian Advisory Commission is to promote active transportation, which will have a wonderfully beneficial effect on your physical, mental and economic health (and most people find it quite enjoyable too!). You may be surprised to discover how often walking and biking can meet your transportation needs. Fully half of the trips we take are three miles or less, which is a very comfortable distance for most people to travel under their own power. And when combined with public transportation, your horizons expand dramatically (bikes are welcome on all transit systems for that first mile/last mile connection).

Don't just meekly suffer the slings and arrows of traffic congestion, psychological stress, rising energy prices, air pollution and climate change as the unavoidable hardships of contemporary life. Do something about it! Save that car for when you really need it, and seek out opportunities to make a positive difference that will be good for you, and good for the community.

The Bicycle and Pedestrian Advisory Commission welcomes your comments and questions. Find out more about us at <[biking.insunnyvale.com](http://biking.insunnyvale.com)>.