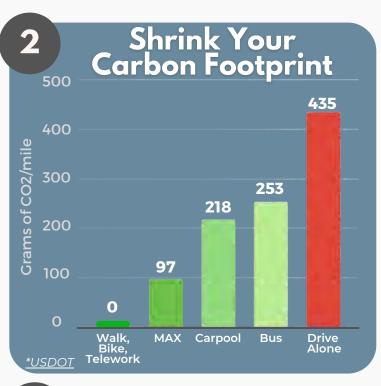




#### A Guide For People Who Work Here

## Washington County Commute Options





### Improve Health

3



By walking or rolling to transit stops, riders can <u>complete 60%</u> of their recommended daily physical activity



Health benefits of physical activity include: lower risk of chronic disease, better sleep and less anxiety

\*CDC \*CDC

# Get Rewards Log your commute trips on GetThereOregon.org to track your impact and earn rewards with Westside Transportation Alliance programs! Commute Champions Commute Champions

#### **Learn More**





Transit: <u>bit.ly/WashCoTransit</u>

Carpooling: <u>bit.ly/WashCoCarpool</u>

Active Transportation: bit.ly/WashCoAT

Getting Here Green: bit.ly/GettingHereGreen

Bike and Pedestrian Safety: bit.ly/BikePedSafe



