Choose Healthy and Climate Friendly Travel

How we get where we need to go matters for our health and the climate. Asthma, heart disease, obesity and diabetes are health impacts linked to how we travel. In the Capital Region, climate-friendly travel like walking, biking, and taking public transit (called “active transportation”), are all good for our health and the climate. These choices get us active, reduce chronic disease risks, promote physical and mental wellbeing, and improve air quality.

What you can do:

- Walk or bike instead of driving.
- Use public transportation – and bicycle or walk to transit.
- Consolidate errands and reduce the miles you drive.
- Use Rideshare.org and carpool to work.
- Ask employers for financial incentives to walk, bike, carpool, or take public transit to work.
- Support walk-to-school days and safe routes to schools.
- Advocate for trees & shelters at transit stops, and street trees to cool sidewalks and bike paths.
- Join neighbors and groups to advocate for “complete streets,” safer and more appealing walking and bicycling paths, and VISION ZERO programs.

Visit WALKSacramento for resources, technical assistance, and training to help implement active transportation projects. They can also provide in-depth project-level guidance for healthy and equitable community design and outreach.

Additional information and resources can be found at the California Active Transportation Resource Center.

To learn more and get involved, go to the CRC website: http://climatereadiness.info/outsidein-capital-region/