

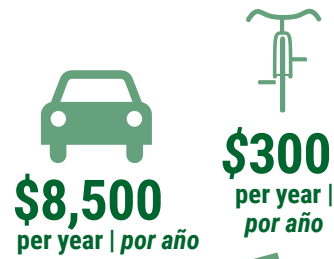
# Active Transportation Benefits | Beneficios del transporte activo



**Active transportation includes walking, rolling (using a wheelchair or mobility device), biking, skateboarding, using a scooter, and other similar modes. In addition to reducing carbon emissions by 92% compared to driving, investing in active transportation benefits you and the Reedley economy!**

*¡El transporte activo incluye caminar, desplazarse usando una silla de ruedas o dispositivo de movilidad, andar en bicicleta, andar en patineta, usar un scooter y otros modos similares. Además de reducir las emisiones de carbono en un 92% en comparación con conducir, invertir en transporte activo lo beneficia a usted y a la economía de Reedley!*

**Walking and bicycling rates are inversely associated with obesity rates.**  
*Las tasas de caminar y andar en bicicleta están inversamente asociadas con las tasas de obesidad.<sup>1</sup>*



**Walking 1 mile each way to school equals 2/3 of the daily recommended 60 minutes of physical activity.**  
*Caminar 1 milla de ida a la escuela equivale a 2/3 de los 60 minutos diarios recomendados de actividad física.<sup>2</sup>*



## Magnolia Street, Fort Worth, TX

**179% increase in restaurant revenues after roads were restriped with bike lanes.**

*Aumento del 179% en los ingresos de los restaurantes después de incorporar carriles de bicicletas en la calle.<sup>7</sup>*



**Bicycle commuters live longer and are 45% less likely to develop cancer.**  
*Los ciclistas viven más y tienen un 45 % menos de probabilidades de desarrollar cáncer.<sup>3</sup>*

**Bicycling for some trips saves money, even without going car-free.**

*Hacer algunos viajes en bicicleta ahorra dinero, incluso sin dejar de conducir por completo.*



**Biking enhances cardiovascular health, controls cholesterol levels, and prevents elevated blood pressure levels even if adopted at a middle age.** | *Andar en bicicleta mejora la salud cardiovascular, controla los niveles de colesterol y previene los niveles elevados de presión arterial, incluso si se adopta a mediana edad.<sup>4</sup>*

## Broad Avenue, Memphis, TN

**Within three years of bicycle lanes being installed in Broad Avenue Arts District, 25 new businesses opened.** | *Se abrieron 25 nuevos negocios durante los tres años posteriores a la instalación de carriles de bicicleta en la Avenida Broad, en el Distrito de Artes.<sup>8</sup>*



**Walking can boost creativity.**  
*Caminar puede impulsar la creatividad.<sup>5</sup>*



**Bicycling reduces depression, can improve quality of sleep, and has been shown to improve cognitive functions for older adults.** | *Andar en bicicleta reduce la depresión, puede mejorar la calidad del sueño, y ha sido demostrado que mejora las funciones cognitivas en adultos mayores.<sup>6</sup>*



**Homes located near trails sell for 6% more than comparable homes located far from trails.**  
*Las casas ubicadas cerca de los senderos se venden por un 6% más que las casas similares ubicadas lejos de los senderos.<sup>9</sup>*

<sup>1</sup> Walking and Cycling to Health: A Comparative Analysis of City, State, and International Data <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2937005/>  
<sup>2</sup> <https://www.saferoutespartnership.org/healthy-communities/101/facts>  
<sup>3</sup> Association between active commuting and incident cardiovascular disease, cancer, and mortality: prospective cohort study. *BMJ* 2017;357:j1456 <https://doi.org/10.1136/bmj.j1456>  
<sup>4</sup> Bicycling to Work and Primordial Prevention of Cardiovascular Risk. *Journal of the American Heart Association*, <http://jaha.ahajournals.org/content/5/11/e004413>  
<sup>5</sup> Give Your Ideas Some Legs: The Positive Effect of Walking on Creative Thinking, Marily Opezzo and Daniel L. Schwartz, 2014, <https://www.apa.org/pubs/journals/releases/xlm-a0036577.pdf>  
<sup>6</sup> Physical Activity Guidelines Advisory Committee Report, 2008, <https://health.gov/paguidelines/report/pdf/CommitteeReport.pdf>

<sup>7</sup> <https://www.triplepundit.com/2013/12/bike-lanes-increase-small-business-revenue/> Photo: <http://fortworthtexas.gov/news/2018/04/magnolia-ave/>  
<sup>8</sup> Complete Streets in Practice: Memphis, Tennessee <https://www.smartgrowthamerica.org/app/legacy/documents/cs/resources/cs-brief-memphis.pdf> Photos: Justin Fox Burks  
<sup>9</sup> Our Roads Are in Bad Shape... Why Spend Money on Trails?, *American Trails*, <https://www.americantrails.org/resources/faq-our-roads-are-in-bad-shape-why-spend-money-on-trails>