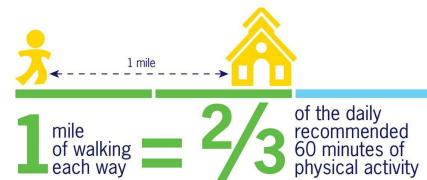


Let's Move LI is a collaboration among Long Island municipalities, schools, businesses and other organizations to promote active transportation across Long Island. Reaching destinations by being active offers a multitude of health, environmental, economic, social and safety benefits to individuals, communities and society.

Let's Move LI goals are to:

- Promote **walking and biking**, alone or connected to **public transit**.
- Encourage bike and pedestrian **safety education** for students.
- Support safe **walkability and biking infrastructure**.



Get Involved! Visit our website or contact us for ideas on how to promote active transportation to your residents, students and employees, and for resources available on Long Island to help.

www.letsmoveli.com | info@letsmoveli.com

631 555 1000

Benefits of Active Transportation

Health benefits

Walking and cycling can better your health and well-being by:

- Lowering your blood pressure
- Increasing your energy
- Increasing your flexibility and muscle strength
- Improving your posture/balance
- Lowering your stress levels
- Reduces the risk of depression, heart disease, obesity, adult-onset diabetes, osteoporosis, and high blood pressure

Environmental benefits

Leaving your car at home:

- Cuts down on greenhouse gas emissions
- Reduces air pollutants
- Reduces noise pollution and congestion.
- Reduces the need for new parking lots and roadways.
- Saves valuable green space

Economic benefits

- Walkable neighborhoods are catalysts for economic development, downtown revitalization, and higher home values
- On average it costs \$6,000-\$8,000 per year to own and operate a car, but only \$150 per year for a bicycle. And walking is virtually cost-free!
- Cars cause a lot more wear and tear on roads compared to walking and cycling.

Social and Safety benefits

Walking and cycling means:

- Increased contact with your neighbors and community
- More equitable access to basic needs and services, such as education, jobs, recreation and health care
- Better access to mass transit
- Calmer and safer roads
- More "eyes on the street"
- "Safety in numbers"

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