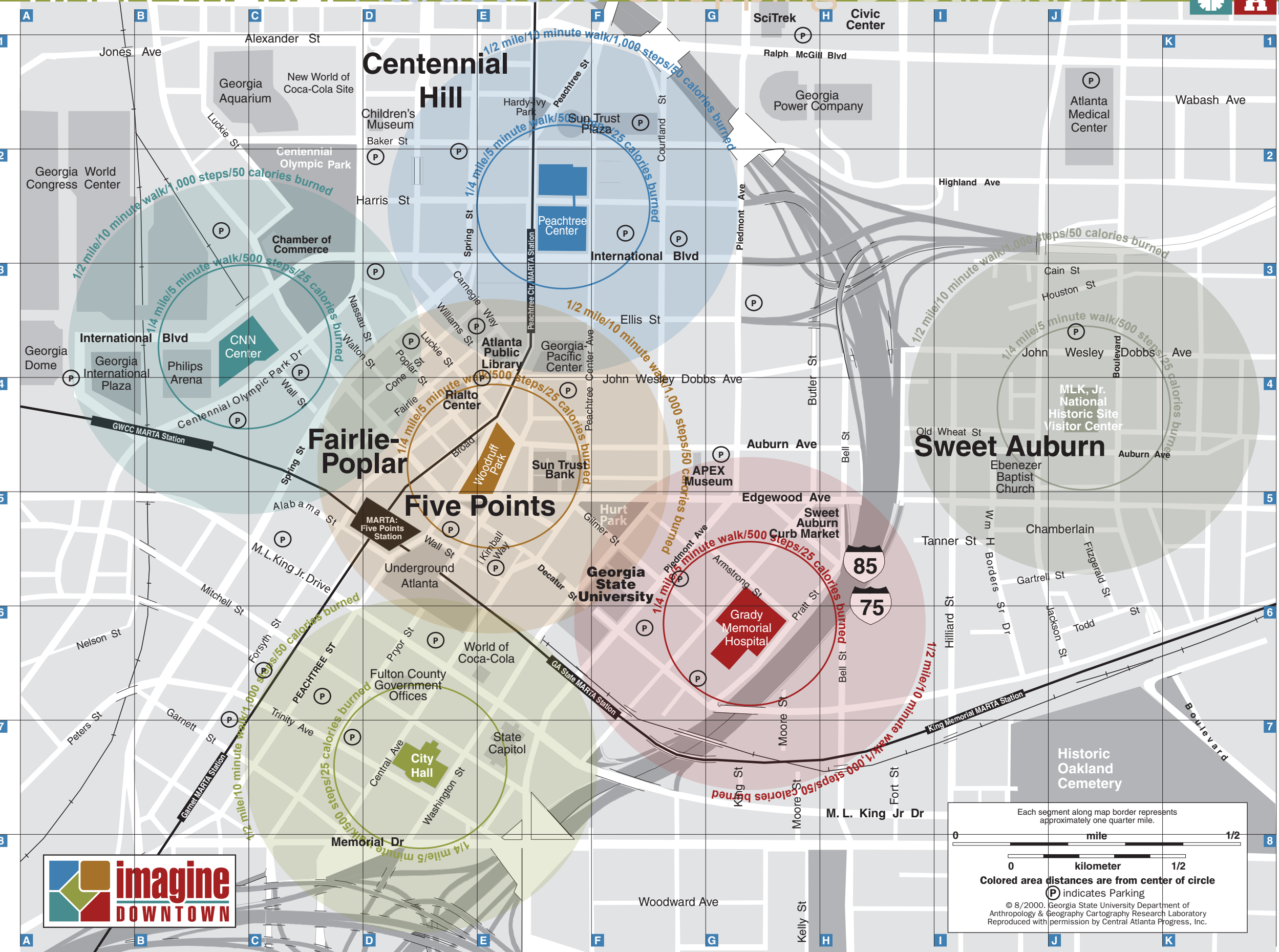


WALK THERE! Attractions Shopping Destinations



Did You Know?

The cost of traffic congestion in metro Atlanta is staggering. Each year, metro Atlantans:

- Waste 166 million gallons of gas due to traffic congestion
- Spend more than 1.6 billion vehicle hours traveling, over 471 hours per person
- Lose more than \$1.9 billion, approximately \$1,350 per person, due to congestion-related costs
- Travel more than 45 billion miles, 32.5 per person each day

Air Quality

More than 25% of auto trips are less than one mile in length. In a seven-mile trip, 90 percent of auto emissions are spewed out in the first mile, before the engine has had a chance to warm up. Walking is a practical alternative to short auto trips!

Walking Benefits

It's the easiest and simplest exercise known to man.

- A short 1 mile round trip keeps over 3 lbs. of pollutants out of the air we breathe!
- 15 minutes of brisk walking will burn at least 100 calories!
- Walk to work or park the car/get off the bus earlier than usual and get moving!
- Aim to increase the amount of walking you do to at least one day a week.



Alternative Transportation

The Downtown Transportation Management Association (TMA) focuses on transportation issues, with the ultimate goal of reducing traffic congestion, facilitating mobility, addressing parking demand, and improving the region's air quality. To help meet this challenge, the Downtown TMA gives away prizes each month for people using alternative transportation programs such as transit, carpooling, vanpooling, biking, or walking to work! Check us out at www.atlantadowntown.com!



For additional information visit: