

CCTA NEWS: “See You On The Bus!”

by Rose Getch of Chittenden County Transportation Authority

Riding the Bus can lead to a healthier lifestyle!

If you’ve already made the choice to get where you need to go on the bus, you’ve also made a choice to live a healthier lifestyle. Good for you, good for your community! Who knew?

Just so *you* know, the following words come from the president of the American Public Transportation Association. “Public transportation enhances the overall quality of life of an individual and a community. Use of public transit simply means that you walk more which increases fitness levels and leads to healthier citizens.”

Why is this so important? We’ve all heard it on the news...declining physical fitness with resulting increases in disease is connected to sedentary lifestyle. Inadequate physical activity can result in excessive weight, contribute to heart and vascular diseases, strokes, diabetes, hypertensive diseases, osteoporosis, joint and back problems, colon and breast cancers, and depression.

The World Health Organization suggests one way to help us stay healthier.

Take 22 minutes a day for walks to and from the bus. This may lead to...

- 50% reduction in the risk of developing coronary heart disease
- 50% reduction in the risk of developing adult diabetes
- 50% reduction in the risk of becoming obese
- 30% reduction in the risk of developing hypertension
- 10/8-mmHg decline in blood pressure in people with hypertension
- Reduced osteoporosis and falls in the elderly
- Relief of symptoms of depression and anxiety

So – reduce, relieve, and relax. See you on the bus!