

Walking and Biking... Transportation Options that Can Benefit You

Remember walking to school or biking to your friend's house when you were a kid? While many of us enjoy walking or biking for exercise or recreation, most of us ceased to use them as a means of transportation the moment we got a driver's license. After all...why walk when you can drive? Right? Maybe not.

Historically (way, way back) humans walked to get just about everywhere. Now, we often walk or bike for exercise, but frequently only after we've driven to the gym or walking path to do so.

In this day of rising gas prices, congestion on our roads, poor air quality, and increasing rates of obesity, maybe it's time to reconsider walking and biking for transportation.

Many will argue that walking and biking for transportation aren't practical...the destination is too far away, the bike helmet will mess up their hair, the weather is too hot or too cold, or there simply isn't a safe place to walk or bike.

Many of these arguments are valid. Some, such as weather or messy hair, are out of our control. Other issues, however, such as creating safe routes for walking and biking, can be tackled by our community. **[Add information or change wording, as appropriate, to discuss any work you or others are doing to create safer walking/biking routes in your community.]**

However, the benefits of walking and biking are valid as well:

- You'll save money on gas and wear and tear on your car.
- You'll cut down on air pollution.
- You'll get exercise and cut down on your own stress.
- You'll reduce the number of cars on the road.

Do you live close enough to your place of work that you could bike? Close enough to church to walk? While everyone's definition of "close enough" is different, consider where you go that is close enough to take advantage of walking or biking and the benefits they provide.

Next time you're about to jump in your car, consider your alternatives and re-think walking and biking.

Name of organization coordinating services can help you find a service that meets your needs. Contact **XXXX** via **phone** or **email** to learn more and discuss your options.

Submitted by **XXXXXX**.

"Op-ed" stands for "opposite the editorial page" and is a means to communicate an opinion on an issue, offer solutions, and/or ask for community support. Op-ed articles are submitted to newspapers for publication by a person or organization that has expertise in the topic. They are different from an editorial (written by the newspaper's editor or editorial board) and from a letter to the editor.

Newspapers have requirements for the length (often a maximum of 400 – 600 words) and format of their op-ed articles and are under no obligation to print them. Some newspapers may request a photo of the person submitting the op-ed.

This op-ed template contains 339 words (not including title, submission information, notes to you, or any other information you may add). While this should fit most newspaper's requirements with enough room for you to add local details, check with your local paper before submitting.