

Why Walk?

It's the simplest way to move your body and get where you're going — no fuel, no fees, no gear required.

Top reasons to walk

- Boost heart health and circulation
- Strengthen bones and muscles
- Reduce stress and improve your mood
- Increase energy and focus
- Support healthy weight management
- Sleep better
- Lower your carbon footprint
- Save money on transportation
- Connect with your neighborhood
- Enjoy fresh air and a mental reset



Short trips add up. A 10–15 minute walk to the store, school, or work can make a real difference — for your health, your wallet, and your community.

And it's a win for the environment, too. 40% of car trips are 2 miles or less — and those short hops are some of the dirtiest miles you'll drive. A cold engine never gets the chance to warm up and run efficiently, so it burns more fuel and produces more pollution per mile than a longer trip. Walking that same short distance skips the tailpipe entirely.



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Got questions? Need help planning a route? Want advice? Give Smart Trips a call, 360-756-TRIP (8747) or email us at info@WhatcomSmartTrips.org

Book a [phone consultation](#) with us!

We're here to help.