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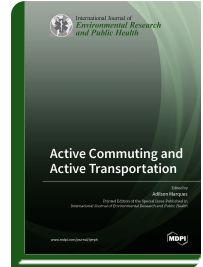
Active Commuting and Active Transportation

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This book focuses on active transport as a way to increase physical activity levels.

Active commuting and active transportation on foot or by bicycle create opportunities for physical activity, provide transportation options for those without a car, encourage social cohesion, and reduce contributions to air pollution.



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