

## Personal and Community Benefits of Biking and Walking



### Transportation Options

- Improved biking and walking conditions provide options for people who would prefer not to drive.
- Improved biking and walking conditions provide basic mobility for people who don't have personal automobiles.
- Improved biking and walking conditions provide access to mass transit for longer trips.
- Improved biking and walking conditions provide opportunities for drivers to save money on gas and car maintenance.



### Congestion Mitigation

- Improved biking and walking conditions allow commuting options for people who live relatively close to work.
- Improved biking and walking provide access to mass transit for longer trips.
- Improved biking and walking conditions are cost effective ways to accommodate more trips through our existing transportation rights-of-way.

Prepared For:



Cobb County...Expect the Best!

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Prepared By:



Planners-Engineers-Landscape Architects

# Cobb County Bicycle and Pedestrian Improvement Plan

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### Air Quality

- Biking and walking create no vehicle emissions.
- Enhanced opportunities for local walking and biking, as well as easy access to transit, allow individuals to reduce their contribution to the problem of air pollution.
- Vehicles burn fuel less efficiently before their engines have warmed up, increasing harmful emissions. Biking and walking can replace short trips that pollute at a disproportionately high level.



### Healthy Living and Quality of Life

- 30 minutes of moderate exercise, five days a week, can significantly reduce risks for many illnesses including heart disease, high blood pressure, arthritis, depression and obesity.
- Biking and walking on short errands can provide the sort of moderate exercise needed to reduce these risks.
- Improved biking and walking conditions provide transportation benefits while also providing opportunities for physical activity.
- Improved biking and walking conditions add to the vitality and quality of life of community centers across Cobb County.

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