

Why Offer Commuter Benefits for Bike and Walk?

There are plenty of reasons why employers should support active transportation. Bicycling and walking are attractive and efficient options for commuting to work. Why commute by bicycling or walking?

Health

When you promote active transportation, you are enhancing the health of your workforce. A great deal of research demonstrates the positive benefits of walking and bicycling for human health. Improved health translates to increased productivity as employees miss less days of work, and both businesses and individuals experience reduced healthcare costs. According to a 2018 survey, health was the number one motivating factor for Maryland residents walking to work.

Environment

Active transportation is the most environmentally friendly way to commute to work. According to the most recent figures from the EPA, non-active transportation is responsible for over 25% of US greenhouse gas emissions. Employees can play a role in reducing greenhouse gas emissions that are harmful to human health and the environment by opting to bicycle and walk to work. These efforts are also beneficial in accomplishing corporate sustainability goals.

Economic

While non-active transportation costs account for a significant portion of an employee's annual expenses, walking and bicycling is the most cost-effective mode of commuting. Eliminating the need to pay for gas, tolls, parking fees, auto maintenance, and transit fares saves your employees money!



How can I learn more?



Web CommuterChoiceMaryland.com
Phone 410-865-1100
Hours (M-F from 8:30 a.m. – 5:00 p.m.)
Email CommuterChoice@mdot.maryland.gov

Sign up with Commuter Choice Maryland to access assistance with your commuter benefits program and receive regular updates and information on employer and commuter transportation resources!

MISSION STATEMENT

"The Maryland Department of Transportation is a customer-driven leader that delivers safe, sustainable, intelligent, and exceptional transportation solutions in order to connect our customers to life's opportunities."