

ON THE GO

News for
Southern California
Commuters

How Ridesharing Helps You Keep Your New Year's Resolutions



Even with the best of intentions, it's easy to break your New Year's resolutions. Good news: If you rideshare, it might help you stick to them! Here are some of the top resolutions people make—and ways choosing an alternative to driving alone can keep you on track.

Achieve your fitness goals. Walking or biking to work is a great way to incorporate exercise into your daily

routine and burn extra calories during your commute.

Surprisingly, taking public transit can also contribute to your health. Americans spend a median of nearly 20 minutes a day walking to and from their bus or train stops.

Save money. With the price of gas nearly \$5 a gallon, the money you save by driving less can really add up. You'll also spend less on auto wear and tear. Carpooling or vanpooling may also qualify you to ride for free in express lanes instead of paying a toll.

Spend more time with family. Metrolink trains breeze past traffic, saving you time that can be better spent at home.

Carpool lanes save users on average a minute per mile.

You might also find you're up for spending more quality time with family if you're not drained from fighting traffic.

Ride Free on Transit Equity Day



Feb. 4 is Transit Equity Day. In honor of Rosa Parks' birthday, it's a day that promotes making transit affordable and accessible to people in all communities.



Fares will be free Feb. 4 on Metrolink trains throughout Southern California. Simply arrive at the station and board the train (no ticket required) to ride Metrolink all day, anywhere it goes.

Rides are also free for the day on Metro Bus and Rail and Bike Share, and all Riverside Transit Agency, San Bernardino County and Ventura County buses.

Take Transit to a Healthier, Happier Lifestyle

In Southern California...

Metrolink every month features **an itinerary of fun destinations and events to get to on the train.** In January, it is helping riders in Riverside get off to a healthy start with a list of parks, pathways and spa experiences.

You can also explore the best Southern California has to offer with itineraries in Los Angeles, Orange, San Bernardino and Ventura counties.

In Orange County...

OC Bus's OC Navigator has an **online tool that connects riders with health and wellness resources.** In partnership with the OC Health Care Agency, the website includes tools for mental wellness, tips on happiness and gratitude and mindfulness apps, among other resources.



On the Go for Commuters is a service of your county transportation agencies.

