



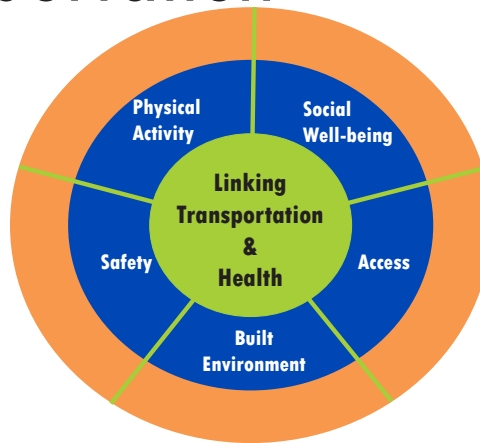
City of Thornton Transportation Plan



Did you know that basic changes in diet and exercise can lead to a dramatic drop in a person's risk for chronic illness in as little as 6 weeks?

Health and Transportation

Thornton's New Transportation Plan will incorporate multi-modal options in order to provide for increased chances for physical activity!



No time for exercise? Before you get into your car, why not consider walking or biking to school, work, or to the store!



Did you know that transit riders walk an average of 25 minutes a day to and from stops?



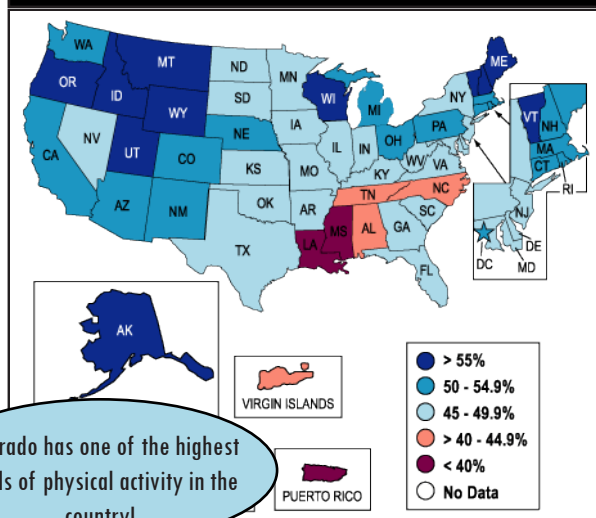
Thornton's NEW Transportation Plan recommends new bike lanes to help keep bike commuters safe.



The new Transportation Plan will be adaptable to transportation alternatives of the future.



Prevalence of Physical Activity 2007



Colorado has one of the highest levels of physical activity in the country!

*The CDC recommended physical activity level is defined as at least 5 days a week for 30 minutes a day of moderate intensity activity or at least 3 days a week for 20 minutes a day of vigorous intensity activity.