

## Is Your New Year's Resolution On Track?

Here are some of the most popular New Year's resolutions according to USA.gov and how ridesharing can help:

### 1. Lose weight

Walking or biking to work—or even as far as your local transit stop—burns a lot more calories than sitting in a car.

### 2. Get fit

People that use the carpool lane save on average 40 minutes a day—enough time to get to the gym or go for a walk or a jog.

### 3. Save money

Carpooling with just one other person cuts your commuting gas costs in half...the more you rideshare, the more you save.

### 4. Get a better job

If you've kept your job search circle small because commuting takes too long or is too expensive, options such as vanpooling and Metrolink can open up a lot of new job options.

### 5. Take a trip

With all the money you save by ridesharing, you can save up for a vacation rather than spending all your cash and time on the trip just to and from work.

### 6. Reduce stress

Imagine how great it would feel to sit back and relax on the way to and from work instead of battling traffic.

For help finding a rideshare option that will help you stick to your New Year's goals, call **1.800.COMMUTE** or go **CommuteSmart.info**



## In Brief

### OCTA to change fares Jan. 4

Orange County Transportation Authority will raise bus fares beginning Jan. 4—only the second time in 18 years that the agency will do so. The one-way cash fare will go from \$1.25 to \$1.50, the day pass \$3 to \$4, and the 30-day pass from \$45 to \$55. For more information, go to [octa.net](http://octa.net)

### Who's more reckless at driving, men or women?

Male drivers are cited for reckless driving 3.41 times more often than women, according to a recent study. It compared moving violation statistics on US drivers. For the full report, go to [qualityplanning.com](http://qualityplanning.com)

### Metro adds service to Cerritos Mall and more

Metro's 577x express line from the El Monte Transit Center to Long Beach now stops at the Cerritos Mall, as well as the current stops at Norwalk Green Line station and CSULB/Vets Hospital. Metro is also adding stops or service on its 226/51/52/35, 45, 62, 450x, 460, 550, 577 and 745 lines; additional Saturday service on 66 and 460 lines and an extended route on line 715. For details, go to [metro.net](http://metro.net)

