

MechSE WELLness

V04 Active Commuter and Occupant Support

Intent: Promote active commuting through site amenities that support cycling and walking to the workplace.

Active transportation displaces sedentary modes of transportation, increases physical activity levels, and reduces one's personal carbon footprint. Many facilities and communities are not designed to support active commuting and lack the amenities and infrastructure required to encourage participation. Particularly in the USA, rates of active travel are lower than in European countries.

Impact: Active transportation, like cycling, enhances mental cognitive energy and is associated with lower cardiovascular disease incidence and mortality, cancer incidence, and all-cause mortality!

What are the requirements to earn this credit?

1. Provide bicycle parking located within 100 feet of a building entrance and basic bicycle maintenance tools such as tire pumps, patch kits, and hex-keys.
2. Provide bike parking policy that allows occupant to bring bike to user space and allows use of the building elevators to reach upper floors.

How is MechSE accomplishing these requirements?

Many of us commute to campus or around campus with bicycles. More are encouraged to join us! LUMEB has bicycle parking on the west side, the north side, and soon will have it on the east side., with the west and east locations within 100 feet of the entrances. Additionally, MechSE has available commuter support equipment such as tire pump, patches, etc. at the Facility Office located in LUMEB 1220. A specific bike parking policy has been adjusted from the campus policy that allows users to bring their bicycles inside to their workstation area if room is available. As of now, LUMEB does not have showers or lockers.



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