



*Each weekday morning and afternoon, the Flyer runs peak-period scheduled routes between North Natomas and downtown Sacramento.*

Visit [NNTMA.org](http://NNTMA.org) for schedules and maps.

## WHY I RIDE *Christopher Rhodes*

**WALKING HELPS** with my cardiovascular system, which keeps me energetic and less dependent on coffee to jump start my day. Riding the Flyer increases my chances to walk during the week. A typical day starts with me riding downtown to the stop on 5th and P Streets, from there I walk the rest of the way to my office on 21st and Broadway, approximately 2 miles. I walk back in the afternoon, where I meet up with my wife and we both ride back to Natomas. I now walk 25 miles a week. I feel fit and it also keeps my weight in check. Sitting in an office all day

doesn't help my ability to maintain a healthy lifestyle. The Flyer does! The benefits are threefold: riding the Flyer decreases my stress levels by not dealing with the hassles of rush hour traffic, it assists me with my exercises during the week and it gives me the opportunity to make new friends with others who ride the shuttle.

### SHARE YOUR STORY.



@ShuttleUpNNTMA



NorthNatomasTMA