Pains, Trains, and Automobiles

Keep the car parked—experts say it’s bad for mental health. Instead, get out there and walk around. Right after you visit the doctor, stop at the grocery store and pick up some fruits and vegetables. This will keep your spirits high and give you a healthy boost of energy.

The most effective way to get around is by bike. Biking is a great way to get your heart rate up and burn calories. Plus, it’s a fun way to explore new places.

For long distances, trains are a great option. They’re more reliable and less stressful than driving. Plus, you can read a book or listen to music while you ride.

And for those times when you just can’t face the thought of biking or taking the train, there’s always the car. Just remember to take breaks and stretch your legs every hour or so.