

We care about the environment and we know you do too. Your office is a great place to make little changes that make a big difference. Here are some ideas to help you do just that. Provided monthly by R.E.A.P.S., we hope they inspire you to create change!

**GREEN TIP #173**

**September 2024**

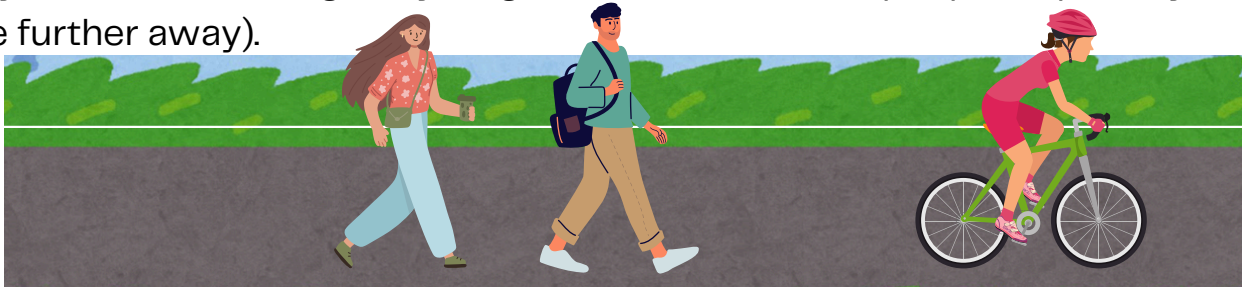


## Fuel-free Commutes!

You probably know about Bike to Work Week, but have you ever considered making a long-term shift to fossil fuel-free commutes? Here are some of the many ways that using non-motorized transportation can help you and the environment:

1. Healthy planet, healthy people! By walking or cycling, you will not only get a healthy dose of exercise, but also help to keep our air clean and reduce greenhouse gas emissions. Taking transit or carpooling is great, but walking or cycling is even better!
2. Studies have shown that people who walk or cycle to work have more energy and better work performance, because exercising and spending time outside can improve both mental and physical wellbeing. Click [here](#) for more info.
3. It's cheaper!

Not everyone is able to walk or cycle to work. However, employers can make it easier. Consider designating a space inside your building for people to store bicycles securely, and when possible ensure that your work locations are near bus routes (taking the bus part way can make walking or cycling accessible for more people, especially those who live further away).



Do you have any questions or suggestions? Call or email us at [green\\_solutions@reaps.org](mailto:green_solutions@reaps.org)!