



## Did you know?

- Regular exercise is good for your health
- Walking/biking puts exercise into your daily schedule and saves on gym fees.
- Carpooling reduces road congestion.
- Interacting with your neighbours reduces crime rates.
- Increasing social interactions makes people happier.
- 102 teams participated in the "Walk to Tuk" event in 2014, why not get a team of people that walk to work together?
- You will enjoy benefits by walking half the year instead of driving the whole year.
- About 100 million bicycles are manufactured worldwide each year.
- In the Netherlands 30 percent of all trips are on bicycle, and 5 percent in Italy.
- Canadians in 2011; 5.7% of commuters walked to work, and 1.3% cycled. In 2006, 6.4% of commuters walked and 1.3% cycled.

### ► Calories Burned when travelling 4 km:

Activity	Women	Men
	138	198
	207	297

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## References:

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[co2.myclimate.org/en/offset\\_further\\_emissions](http://co2.myclimate.org/en/offset_further_emissions)

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## How can YOU Save Money and Exercise More?

Its easy!

Start walking or biking to work.



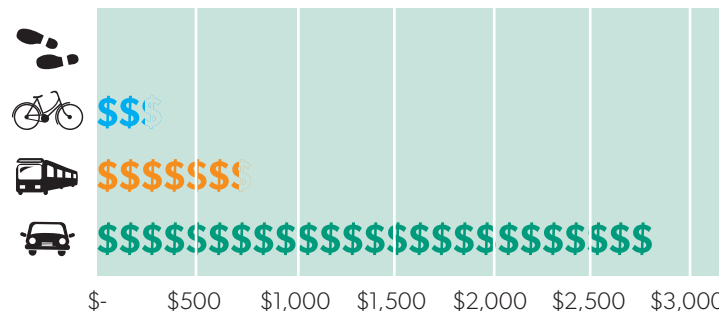
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# Get Fit, Get Social & Save.

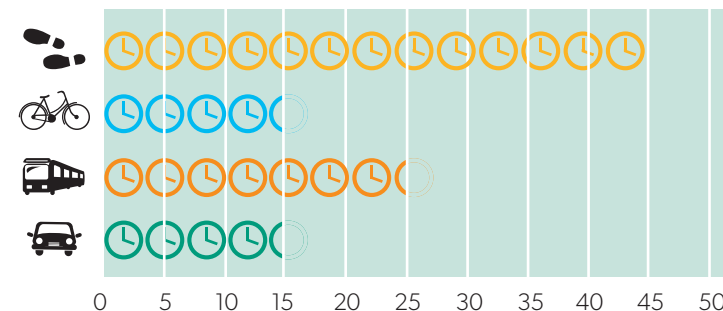
A committment to  
yourself and to the  
environment makes  
a BIG difference!



## ► Cost Per Year



## ► Time in Minutes



## ► Cost for a 4 km commute:

Mode	Cost / Day	Time	Advantages	Disadvantages	Costs / Year*
	<b>FREE!</b>	45 mins	Exercise – arrive feeling awake Increases social interactions	Takes longer	<b>FREE!</b>
	\$1.00	20 mins	Exercise – arrive feeling awake Roughly same time as driving Have a bike for other uses	Dress for the weather	<b>\$120.00</b> annual maintenance <b>\$500.00</b> cost of a new bike, lock and helmet every 5 years
	\$3.00 monthly pass \$6.00 for pay per ride	25 mins	More social interactions Involves a short walk Bus pass for weekend/ evening use at no extra cost	Takes a bit longer	<b>\$720.00</b> monthly pass (income tax deduction)
	\$11.53	15 mins	Fastest mode of travel	<b>Expensive</b> <b>0.78 t</b> <b>Greenhouse Gas created per year</b>	<b>\$2,767</b> for vehicle costs and parking (\$1,267 vehicle cost, gas, maintenance, insurance** \$1,500 parking / year)

\*240 days of work / year \*\*\$0.66 / km (CAA Driving Costs Report, 2013)