








Go out on a limb in July!

BIKE, WALK, BUS, CARPOOL, VANPOOL

- **B**egin your day by incorporating exercise into your commute.
- **W**hy not have more time to relax before you start a hectic day?!
- **B**y choosing an alternative commute at least once-a-week you'll reduce air pollution by 20%.
- **C**an you imagine how much money you can save by traveling and living more green?
- **V**isualize a world with absolutely no pollution—we'd have a lot less asthma and fewer lung diseases in general.

Branch Out and Live Green at work....

-  Turn off your desk lights if you know you'll be away for an hour.
-  Plan ahead so you can combine weekly errands into one single car trip.
-  Use Energy Star light bulbs at your desk and/or encourage your office to use them.
-  Bring your own plate, mug and utensils to work—and put your name on them.
-  When you fill up your gas tank, do so in the late afternoon or evening. This minimizes vapors in the heat of the day. And remember not to overfill—stop at the first click.

Enter-to-win:

www.MyCommute.org or www.spokanecleanair.org



**Travel Green.
Live Green.**

