



February Sample Messages

Love your commute this February! By using a commute alternative like carpooling, riding the bus, walking or bicycling, you can reduce your stress, save money and have some extra time for yourself. Take your rewards and have a great time with your Valentine this February!

Don't forget to log your commute on MyCommute.org. You'll be eligible to win 1 of 10 - \$25 Olive Garden Gift Cards and go into the grand prize drawing for a \$75 P.F. Chang's gift card with a \$25 AMC movie theatre gift card. For help getting started, contact me, your Employee Transportation Coordinator. I'd be more than happy to help you!

Need some extra cash to spend on Valentine's Day? Carpooling with one other person will save you 50% of your commuting costs. Use the money you saved for a dinner out or a gift for someone special. Plus having company in the car helps the time go by and reduces stress, especially if you're in traffic.

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Need a raise? Ride the bus to work and you can read a great book, enjoy the scenery or play a game on your phone or iPod. Bus passes are only \$40 and the average commuter spends over \$80 in gas alone. That's a \$40 raise you just gave yourself! Plus you'll be eligible for some great prizes. Go to MyCommute.org for more details.

As your Employee Transportation Coordinator, I'm more than happy to assist you in choosing a commute that best meets your schedule and need. Email, call or stop my desk anytime.

Take a heart healthy approach to commuting this February and ease the stress of driving alone by walking or bicycling to work. Your heart will benefit from the exercise, plus you won't have to make extra time during your day to exercise.

If you need help finding a safe route, I'm more than happy to help! Email, call or stop by my desk to get moving.