



Do you ever ask yourself: why should I choose a commute alternative? and/or, why should I worry about air pollution?



YOUR HEALTH

- Choosing to park the car and use a commute alternative reduces the amount of pollution we put into the air. This in turn reduces the amount of illnesses that occur such as lung disease and asthma.



YOUR MONEY

- It's not just pennies...you can save a lot of money by regularly choosing a commute alternative.
- By making clean air choices like turning off lights and unplugging electrical appliances, you save both money and energy.



YOUR TIME

- You'll have more time to yourself when you ride the bus, vanpool or carpool. You can read a good book or listen to your favorite tunes. And if you bike or walk, you've scheduled your exercise!
- Time in traffic can be stressful. Why not reduce stress by choosing a commute alternative.

Visit MyCommute.org and spokanecleanair.org for more information

