

# Improve your health. Take things in stride more often.

**Walking and in-line skating** are healthier ways to travel for both you and the air. To stay healthy, doctors recommend exercising at least 30 minutes most days.

It's easier to fit exercise into a busy schedule when you make it part of your daily routine. Instead of driving to work, the store or the bank, try walking or in-line skating. You'll get more exercise and help reduce traffic congestion and pollution. That should make you really feel great.

So keep it up because –



*It all adds up to cleaner air*

