



# Green Challenges Program

## May-Carpool, Bike, Walk to work



Did you know that May is National Bike Month. You can improve your health and reduce energy use by walking or biking to work. Now that spring is here and the temperatures are rising, walking or biking to work can be a great way to clear your head in the morning and have an energized start to the day. The increased activity may also make you eligible for the activity drawing that Human Resources puts on. Always remember to observe all traffic signals and signs!

Walking to work is a great, easy option for improving your health and reducing your energy output! The CDC states that adults need at least 2.5 hours of moderate aerobic activity (brisk walking) every week to maintain and improve health. If you want a pedometer to monitor your progress please contact Debbie in Human Resources. Walking to work can reduce your gasoline consumption, save you money and improve your health—now that the temperatures are above zero what's holding you back?

Carpooling to work can be a great option, especially if you live far from the office. If you need help finding others to carpool with please contact the Green Team and we can help facilitate. Carpooling saves fuel and promotes community relationships.

### Fast facts:

- **3 hours of bicycling a week can reduce a person's risk of heart disease and stroke by 50%!**
- **Increasing bicycling from 1% to 1.5% of all trips in the U.S. would save 462 million gallons of gasoline per year.**
- **Although 41% of all trips made in the U.S. are one mile or less, fewer than 10% of all trips are made by walking and biking.**
- **Brisk walking has been shown to reduce body fat, lower blood pressure, reduce risks of bone fracture and lower mortality rates from cardiovascular disease and cancer.**

In order to become eligible for this month's \$50 drawing, send an email to the Green Team



[GTeam@gunnisoncounty.org](mailto:GTeam@gunnisoncounty.org) by June 15, 2011 stating:

- 1) That you have carpoled, walked or biked to work at least 3 days out of every week for the month, and
- 2) What innovative, new idea you have for making carpooling, walking or biking to work easier; and
- 3) What is holding you back from doing these activities on a regular basis? What could the County do to make it easier to do these activities?



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