

COMMUTESMART NH PRESENTS:

WHY COMMUTE SUSTAINABLY?

SIMPLE ACTIONS WITH A HUGE IMPACT



SAVE MONEY

SAVE TRIPS TO THE GAS STATION AND THE MECHANIC

By choosing alternative modes of transportation you save money in gas as well as on maintenance and wear and tear on your vehicle.

IMPROVE HEALTH

REDUCE POLLUTION, INCREASE BENEFITS

Choosing modes of transportation such as walking and bicycling increases physical activity, which leads to better health. Carpooling and public transit reduces the amount of idling cars on the road, which reduces carbon emissions and air pollution.



IMPROVE EMPLOYEE PRODUCTIVITY & MORALE

SAVE TIME AND FOSTER COMMUNITY

Alternative modes of transportation saves time spent in traffic and trying to find parking. Healthy commuters take fewer sick days and are less stressed at work. Spending less time driving alone also encourages social interaction.



ALLEVIATE CONGESTION

REDUCE TRAFFIC AND PARKING JAMS

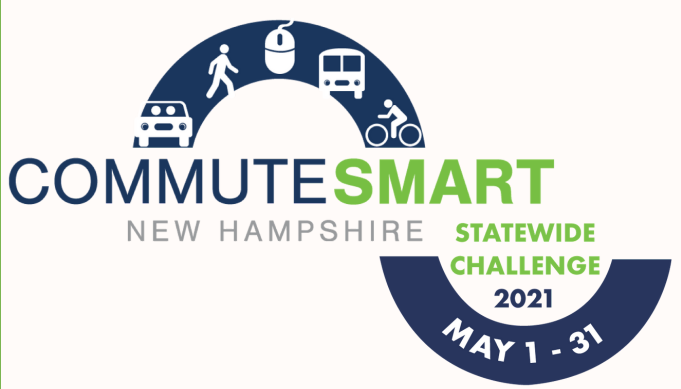
Discouraging drive-alone trips reduces the amount of cars fighting for parking as well as congestion during morning and afternoon commutes.



MAKE A STATEMENT

WITHOUT THE COST

Boost your organization's reputation by promoting healthy employees, a strong community and healthier environment.



Join us in May for the
Statewide Commuter
Challenge!

visit
www.commutesmartnh.org
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