

# Two darn good reasons to walk or bike to work!

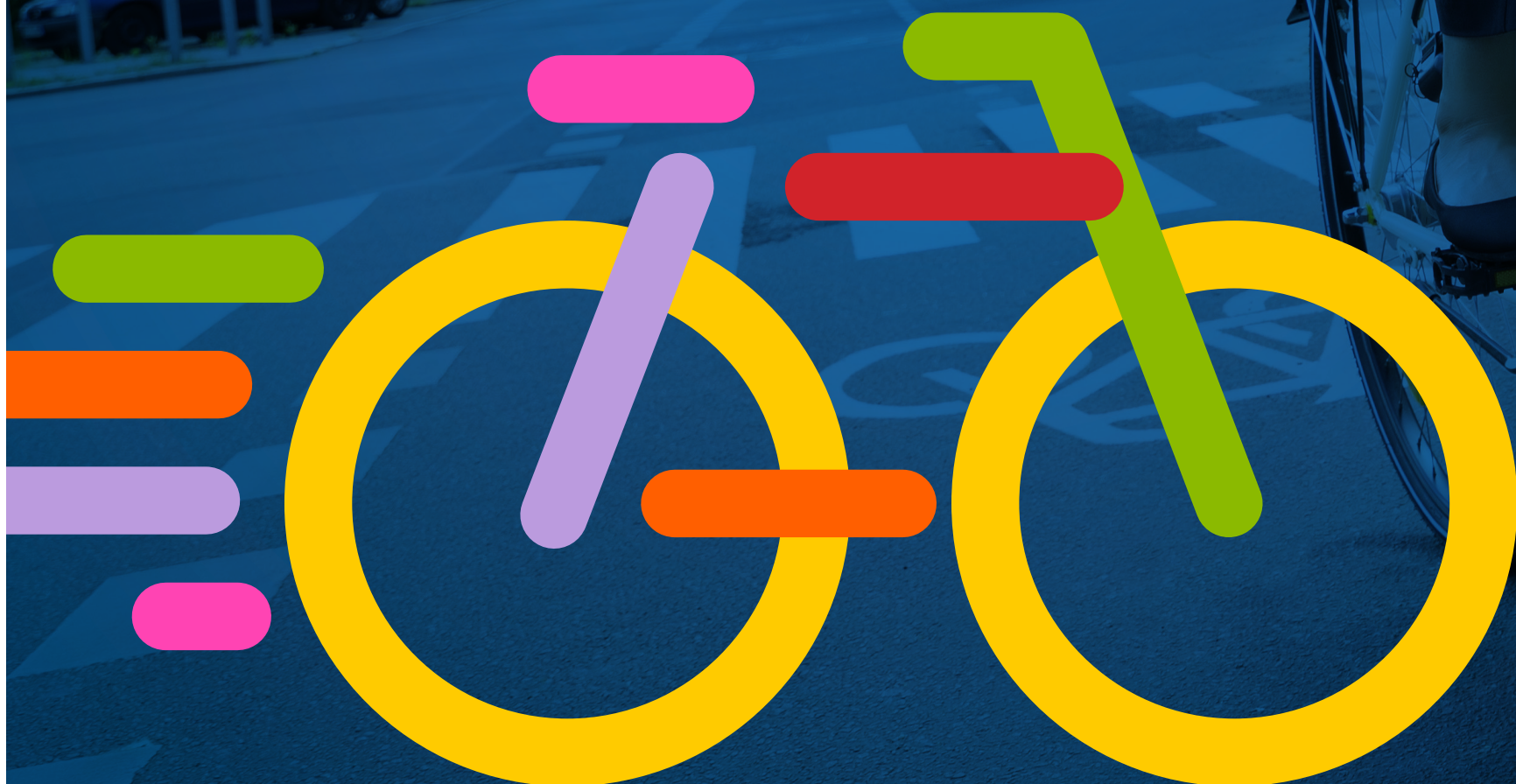
## Improve Mental Health + Boost Energy

Active commutes are incredibly beneficial for the mind. Starting and ending a day more actively can improve mood, decrease anxiety and depression.

Avoiding the drive while adding movement reduces overall stress and improves productivity. Even a walk to the bus stop has a more positive effect on the mind than a solo drive fighting traffic.

### JOIN THE MOVEMENT

This business is committed to encouraging healthier, greener ways to commute. Contact your "workplace champion" to join in, sign the pledge and reap the rewards. Find details at [LexAreaMPO.org](http://LexAreaMPO.org)



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ON THE  
MOVE