

# Lex On The Move

The Lexington Area Metro Planning Organization (MPO) is conducting a citywide initiative to encourage companies and employees to step up and find healthier, greener ways to work in October. Our company has stepped up to participate in the challenge.

The most active companies receive some great PR. The most active participants reap rewards including lower stress levels, improved fitness and wellbeing. Active commuting is proven to reduce chances of developing heart disease, diabetes and high blood pressure. Plus starting and ending the day outside with an active commute decreases anxiety and boosts mood. So give it a try.

**FACT: 79% of Lexington area residents report driving to work alone (a single occupant vehicle) as their primary means of commuting.**

**GOOD NEWS: In Lexington 30% of trips we make are under 2 miles (a 30 minute walk or 10 minute bike ride), so change is totally doable!**

Please commit to try at least one new way to work in October – walk, bike, hop a bus, buddy up and ride with a co-worker. Do it once, every week, as much as possible and keep track to report in at the end of October.

**JOIN THE MOVEMENT!**



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