

Coming in May! The new 14-day Car-Lite Diet

Participate in this 2- week event and make it your own clean air act. Most of us don't realize that traffic accounts for 50% of Dane County's air pollution. Unhealthy air triggers asthma and has other health implications as well.

During the Car-Lite Diet, you'll join with many others in keeping our air healthy by taking the bus, biking, or walking. You can help keep our air clean by car or vanpooling, telecommuting, banking or shopping online, too. You won't miss the traffic, high gas prices, and parking hassles, and you'll feel healthier because you'll be more active.

In the coming weeks [your organization] will provide information, assistance, and rewards to employees who track their trips. The idea is to pay attention to your driving habits and have some fun trying new ways to get around. It could be habit-forming!

Lighten the road. Be part of a friendly competition with your colleagues and co-workers: find out who can reduce the most vehicle miles!

Watch for more information about the Car-Lite Diet.