

## **Benefits of Green Commuting**

### **Save Money:**

- Individual: Based on CAA data, the average annual cost of owning and operating a motorized vehicle is \$7,800
- Environment: Transport Canada estimates that the environmental costs of transportation are between \$14 and \$26 billion per year
- Health: The Conference Board of Canada reports that a 10% increase in the proportion of Canadians who are physically active could save \$102million annually from the treatment of heart disease

### **Improve the Corporate Bottom Line:**

- Reduce costs associated with on-site parking facilities when more employees green commute
- Increase productivity and reduce absenteeism through increased personal well-being from active transportation (cycling, walking)
- Improve employee morale and loyalty by recognizing and addressing needs of green commuters

### **Maintain a Healthy Lifestyle:**

- Green commuting programs form part of a workplace wellness program
- Health Canada reports that only 27% of Canadians achieve health benefits from adequate daily physical activity
- Moderate physical activity provided by walking to the bus stop or biking to work reduces the risk of heart disease, high blood pressure and stroke
- Physical activity from walking, in-line skating or biking all or part of the way to work improves vigour, self-esteem and a sense of well-being

### **Protect the Environment:**

- According to Transport Canada, the number of cars per 1000 Canadians has doubled since 1960; distances driven and frequency of trips have steadily increased
- Taking public transit, bicycling and walking can alleviate traffic congestion and air pollution
- Sustainable modes of transportation can contribute to commitments under the Kyoto protocol for the reduction of greenhouse gas emissions