

What is Smart Commute Day?

The goal of **Smart Commute Day** is to encourage you and others to consider alternative ways to get to work. Smart commuting includes bicycling, walking, or taking the bus. Join us May 19th rain or shine!

Why should I participate in Smart Commute Day?

1. Everybody is smart commuting!

Across the country people are celebrating National Bike Month by smart commuting on May 19th. Worksites nationwide are also making a commitment to be healthy by participating in National Employee Health and Fitness Day this week.

2. Improve your health!

An average 150-pound person will burn about 500 calories riding a bike at a leisurely pace, 30 minutes to work and 30 minutes home. At that rate, you'll shed 5-10 pounds in about two or three months. By riding your bike or walking to work you no longer need to make time to head to the gym and just 3 hours of riding per week can slash your risk of heart disease and stroke in half.

3. Save money!

The average annual price of keeping an automobile running is at least \$6,000; and the cost of running a bike for a year costs less than \$300.

4. Protect the environment!

Auto emissions contribute directly to smog, acid rain and global warming. Riding a bike or walking is a simple way to improve the environment.



Fitness Council of Jackson
225 N. Jackson St.
Jackson, MI 49201
(517) 990-9798
www.fitnesscouncil.org

Friday,
May 19th

Smart Commute Day

walk.

bike.

bus.

- Smart Commute Open House**
Tuesday, May 16th 11-1 Bucky Harris Park
(Jackson St. & Michigan Ave., downtown)
 - Smart Commute Day & Corporate Challenge**
Friday, May 19th morning commute
 - Smart Commute Open House**
Saturday, May 20th 10-1 Blackman Park
(Jackson St. and Michigan Ave, downtown)
- Grab your coworkers and join us for Smart Commute Day! !**
www.fitnesscouncil.org



Smart Commute Open House
Tues. May 16th 11-1 Bucky Harris Park (Jackson St. & Michigan, downtown)
 All you need to know about walking and biking in Jackson! Listen in on a couple 15 minute presentations available on walking programs, bike maintenance, bike safety, and selecting a bike. Or just drop-in, ask the experts a question, and pick-up what you need from the new Jackson Bike Routes Map to walking shoe suggestions.

Smart Commute Day/Corporate Challenge
Friday, May 19th morning commute
Commute to work on foot, bike, bus
 *Free breakfast at Nixon Park, Sharp Park, and Pedal and Tour in downtown Jackson from 6:30 to 9:00AM.
 *Participants can park at Nixon or Sharp Park and choose to walk, bike or bus the rest of the way into work.
 *Free bike storage available at Pedal and Tour from 6:30am until 8pm.
 *Showers available to all Smart Commuters who work downtown.
 *Just for registering participants get a T-shirt and will be entered in a drawing for cool commuting prizes like bike jackets & water bottles

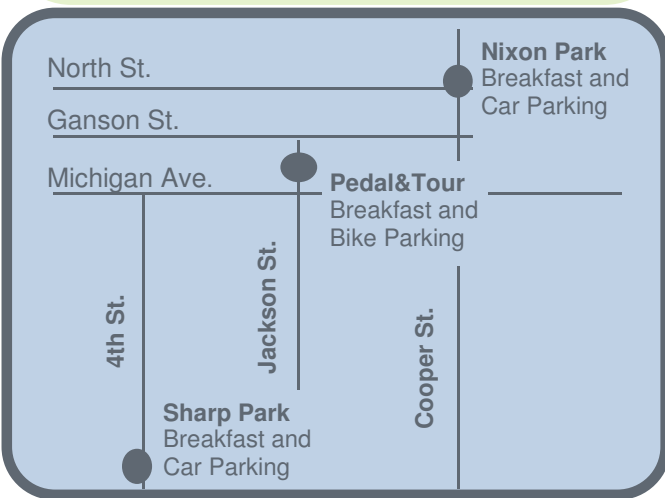
Smart Commute Open House
Sat., May 20th 10-1 Blackman Park (Jackson St. & Michigan, downtown)
 See description above. If you missed us Tuesday or have some questions after smart commuting—join us to get all the answers!

What's the Corporate Challenge?
 The Corporate Challenge is a friendly workplace competition to see who can get the most employees to bike, walk, or ride the bus to work. Companies win based on the percentage of total employees who smart commute to work (individuals must register to be counted).

Challenge your co-workers to walk, bike, or ride the bus to work on May 19th and try to win the commuting contest. The winning company in each category will receive a spot in the Commuting Hall of Fame and a free lunch from Roly Poly for the smart commuting team!

The Corporate Challenge is open to all workplaces in the Jackson area. A team captain must register the business. After the business is registered, interested participants at that workplace register as individuals, identifying their employer on their registration form.

Corporate Category Sizes	Winner 2005
Mini (2-5 employees)	no entries
Small (6-24 employees)	Pedal and Tour
Medium (25-50 employees)	LifeWays
Large (50+ employees)	City of Jackson



"I was very glad to see this happen. I live in the City and have been wanting to either bike or walk to work but was not sure of how safe it would be. Being able to walk with other people helped me to see how much I enjoyed it and showed me a direct/safe route to go."
 -2005 participant

Register today!
www.fitnesscouncil.org
 or 990-9798

Thanks to our sponsors!
 Orthopaedic Therapy Inc.
 Active Living by Design
 LifeWays
 Anderson Printing and Mailing
 Step One, Pedal and Tour
 Roly Poly, Polly's
 Sunrise Coffee Express

