

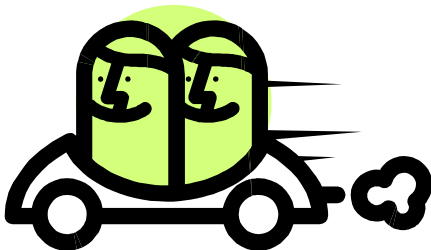
TO DO LIST:

- If you drive to work, measure the distance of your next trip. **Remember that commutes of 5km or less can be done faster on a bike and commutes of 2km or less are faster on foot!**
- **Speak with your co-workers about setting up an office carpool sheet.** This way you won't have to sign up online, but will have the option of carpooling into work with those who live in your



neighbourhood. Ask your TEAC for more information regarding setting up an office carpool system and a list of carpool do's and don'ts!

- **At least CONSIDER the options** presented to you and more importantly, think about the environmental implications of how you choose to get to and from work.



Go for Green.



Jawl Properties

Sustainable



Transport

Be the Change. Go for Green.

WHY CONSIDER ALTERNATIVE TRANSPORTATION OPTIONS? WILL IT REALLY MAKE A DIFFERENCE?

INFORMATION TO LIVE BY.

We all want to do our part to make the world a better place but with hectic schedules, finding time to make an environmental contribution can be difficult. The good news is that making a difference has never been easier. **Through participation in the Jawl Properties Tenant Energy Awareness Program in your office you're already making a huge contribution—the next step is considering alternative transport as a simple way to reduce damaging emissions while contributing to a greener, more liveable community.**

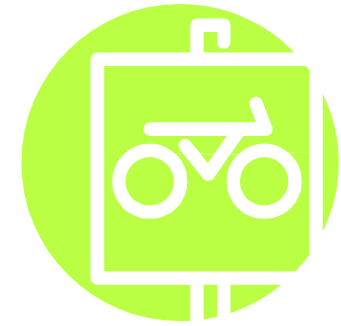
Take a moment to read through this short summary and see which options suit your lifestyle. Whether you decide to give up your car all together or just leave it at home a few times a month, each car and each trip saved makes a big difference!

YOUR HEALTH.

Air pollution from traffic is a contributing factor in health issues such as asthma, emphysema, eye, nose and throat irritation, and respiratory and cardiovascular problems. It is those who drive least that are affected most – children and elderly are most vulnerable to these issues. **Walking and cycling to and from work are great ways to fit exercise into your busy schedule.** And not only your physical health with benefit from considering alternate methods of transport – studies consistently show that employees who find alternatives to single occupancy vehicles demonstrate lower levels of stress, higher morale and lower blood pressure.

THE ENVIRONMENT.

The Jawl Properties goal is to reduce greenhouse gas emissions by 200 tonnes in 2008 – did you know that Canadian automobiles emit over 59.6 million tonnes of carbon dioxide and other pollutants every year? **By driving just 10% less, you can reduce your emissions by 0.5 tonnes per car this year.** Reducing single occupancy vehicle trips results in less pollution, conservation of habitat land and less demand for new roads and parking lots.



SUSTAINABLE TRANSPORT OPTIONS.

Carpooling. A great way to save money, reduce traffic congestion and decrease pollution. Also provides you with an opportunity to get to know your co-workers. You'll never know carpooling isn't for you if you don't give it a try at least once! The change starts with you!

Cycling. Cycling is a great form of exercise. In fact, cycling for just 30 minutes three days a week cuts your risk of cardiovascular disease in half. It can also save you TIME. If your commute is 5km or less, cycling will take the same amount of time or less than driving—plus, you'll get your daily dose of exercise while saving money you'd usually spend on gas!

Walking. Walking is also a great form of exercise and provides health benefits similar to cycling. If your commute is 2km or less, chances are that walking to work will save you time and you'll feel energized upon arrival at the office. Definitely a pollution free option to think about.

BC Transit. Taking the bus or utilizing other forms of public transit is a great way to reduce your carbon footprint while saving money. Transit also reduces stress experienced during the daily commute and will give you a chance to relax and catch up on reading. Visit www.bctransit.com for complete schedules.