

Encourage Active Transportation in Business

Walking, biking, scooting or skipping from point A to point B has endless benefits. Encouraging employees, customers, your friends and family, and the community to move from place to place saves money and time while increasing sales and improving health. Use this checklist below to promote active transportation around our community!

Motivate employees:

- Offer incentives or time-off if they walk/bike to work so many times per month.
- Offer insurance premium deductions.
- Create competitions on who can actively transport themselves to work the most.
- Hang flyers & posters which display the cost and health benefits of exercise.
- Allow time for employees to change clothes and clean up from their commute.
- Plan after hour company bike rides.
- Encourage employees to go to HealthyMesaCounty.org for maps, trails and local events.
- Recommend employees to participate in Colorado Bike Month (June) and Bike to Work Day.

Encourage customers:

- Offer discounts or coupons if they arrive at your business or event by foot or bike.
- Sponsor and support local walking and biking events.
- Make your business bike and walk friendly (ex. clean sidewalks, bike rack, drinking fountains, etc.).
- Encourage customers to go to HealthyMesaCounty.org for maps, trails and local events.
- Hang posters regarding biking, walking and other local events in a visible area.

Embrace active transportation:

- If management supports active transportation, employees will be more likely to embrace the culture.
- Advocate for sidewalks and bike lanes in our community.
- Talk positively to others about commuting via active transportation.
- Participate in community events which support active communities.



Connecting Community. Inspiring Solutions.

