



<Subject Line> Benefits you didn't know about

Did you know that riding the bus can help you become healthier both physically and mentally? It's true, people who ride the bus are three times more physically active by walking to stops and final destinations than those who drive a car. Plus, riding the bus gives you more time to exercise your brain with activities like reading and playing games!

When you use a commute alternative and keep track of it on MyCommute.org you can see how your helping to make difference, plus you'll be entered into monthly drawings where you could **be 1 of 15 people to WIN a free MyTrips t-shirt and Dutch Bros. gift card, good for a free beverage of any kind and any size!**

To learn more about the benefits of riding the bus and using other commute alternatives, contact me <name>, your ETC at <number> or <email>. You can also visit MyCommute.org or CommuteFinderNW.com to learn more and find a commute alternative that works for you!

<Subject Line> Riding the bus is good for both you and your pocket book!

I've told you how **riding the bus can help you have a more physically active lifestyle and improve your brain power,** but did you know it can also help you **reduce stress and save money?**

It's true, **riding the bus is over 60 time safer than driving a car,** this added to all the extra free time helps for a stress free commute.

As for the savings, according to the American Public Transportation Association, people who ride the bus **save over \$8,000 or more annually!** That's some coin in your pocket!

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