

Commute to a happier beat!

Car karaoke sung by one is a dismal affair, when you add backup it becomes a much snappier tune! Did you know that people who make the conscious decision to use a commute alternative over driving alone are happier and more productive during their day? It's due to less stress!

For example; when you carpool you experience more social interaction. Being socially healthy can reduce anxiety, depression and helps us interact more positively with others. This also leads to better overall physical health!

If you are looking to get healthier, don't overlook the positive effects commute alternatives can have on you, your pocketbook, the air and your community. Plus, you can win prizes! For more information on carpooling, riding the bus, vanpooling, walking or bicycling and how you can WIN, contact me **<Name>**, your ETC at **<number>**. You can also visit MyCommute.org or CommuteFinderNW.com to get started today!

Start your day off on a happy note!

Save money, reduce traffic congestion, breathe cleaner air and enjoy knowing that you're helping your community, while reducing your carbon footprint. Knowing this can have you singing a happy tune, but these are only a side note to an even better song; a physically and mentally happier and healthier you!

This is the beat you can commute to when you use commute alternative such as carpooling, walking, riding the bus, vanpooling and riding your bicycle vs. driving alone. Plus, when you keep track of your commute on MyCommute.org you could win 1 of 15 monthly prize drawings for a free MyTrips t-shirt and Dutch Bros. beverage card!

To learn more about the benefits of commute alternatives, contact me **<name>**, your ETC at **<number>** or you can visit MyCommute.org. If you're a do-it-yourselfer visit CommuteFinderNW.com and sign up to find what commute alternative works best for you.