



copper : Earth Day

conferencing

04.22.09

Small Steps to a Greener Commute

Being proactive about how you travel to and from work or how you get around town, is the first step toward making a more eco-friendly commute to where ever you are headed. By taking a few small steps – quite literally – you can do your part. The tips below are just a few ways that you can green your commute and live a better lifestyle.

Telecommute – Today's technology makes telecommuting a breeze. Web conferencing with integrated video allows teleworkers to meeting with fellow employees or superiors face-to-face.

Switch to a Four-Day Week – According to Planet Green, cutting one day out of your commute can reduce the time and energy that goes into your commute by 20%.

Carpool – Do you work in a large office building? Find out if anyone lives near you and start sharing rides.

Maintain Your Car Properly – Regular maintenance will help your car last longer and be more fuel-efficient.

Slow down – Stay under 55 miles per hour. Going between 55-70 reduces your car's gas mileage by 4.3 gallons.

Take the Bus – Using public transportation is a great alternative to driving into work daily. Start slow. Take the bus one day a week and then work your way up.

Bike to Work – Using your own energy is obviously the lowest-carbon option. You can reduce your energy and get a workout at the same time.

Take a Walk – If you're able, walk to work at least one day a week. You'll save money on gas and wear on your car and you'll get some exercise in the process. If you're not able to walk to work, then walk to the deli during lunch, to the park or to the grocery store when at home.

To learn about how conferencing can help you cut travel and reduce your carbon emission, visit www.copperisgreen.com or call 866.903.7521