



Bike to Work Day is Friday, May 17th

Did you know?

The average single-occupancy vehicle emits 188 grams of CO2 per mile, while the average biker only emits 41 grams of CO2 per mile. Even if you rode your bike once a week to work, you could save almost 5 times the amount of CO2 and stay healthy by burning 48 calories per mile!

Join Inova in celebrating National Bike to Work Day! On **Friday, May 17th**, people all over the Washington, D.C. metro area will come together to celebrate this healthy, clean, and fun way to get to work. Commuter Connections and the Washington Area Bicyclist Association sponsor over 100 pit stops in the D.C., Maryland, and Virginia area. Find a pit stop near your home or work place and register today!

This Bike to Work Day, take any form of alternative transportation to work - carpool, bus, train, bike, walk, etc. - and receive your Inova Well Live Green credit!

How to earn your Live Green credit:

- On Friday, May 17th, take a picture of yourself taking alternative transportation to work.
- Upload your picture onto the Inova Well portal (inovawell.org) in the Submit Activities box under the Journey tab.
- Please note, this submission link will not be available until right before Bike to Work Day.

Questions? Email gogreen@inova.org