

**LOSE THOSE  
EXTRA MILES!**

# Car-Lite Diet

## Trim your trips and cut your car costs.

### Try this 14-day car trip reduction plan.

Carpool or vanpool and you can cut your commuting expenses in half. Bus, bike, or walk and you'll be free of traffic, high gas prices, and parking hassles. You'll also feel healthier because you'll be more active. And remember, you can reduce car trips by banking and shopping online—or by bringing your lunch to work rather than driving to pick up food.

### Do the things you love—and reduce pollution, too.

You can often get where you're going without a car. Most of us don't realize that transportation accounts for 50% of Dane County's air pollution and 30% of greenhouse gas emissions. When you along with hundreds of other Car-Lite Diet participants drive less and keep track of your trip miles for 14 days, you'll learn exactly how much you can reduce air pollution and global warming emissions.

### Keep track of your miles traveled starting May 7.

Record your miles in the Car-Lite Diet online Trip Log whenever it's convenient for you. Or keep a paper log of your travel for 2 weeks, then transfer all your trip miles to the online log. If you do not use a computer, your workplace coordinator will mail your paper log to Madison Environmental Group.

**SAVE  
MONEY!**

**GET  
ACTIVE!**

**WIN  
PRIZES!**

Learn more and register at

[www.carlitediet.com](http://www.carlitediet.com)