Burn Calories Don't Burn Petroleum

Cycling - a **FUN** way to get **FIT**. It is also **CHEAPER** and good for the **ENVIRONMENT**.

Martha C. Avila  
Sustainability Program  
UF/IFAS Extension  
239-533-7506  
avilamc@leegov.com
Want to help the environment? ..... "Get on your Bike"

Air pollution, global climate change, traffic congestion, economic dependence on fossil fuels are all reduced by biking instead of driving.

For every single gallon of gasoline burned, 20 pounds of carbon dioxide go into the atmosphere.

**Things you can do:**
- Encourage Community Actions.
- Urge your local libraries, businesses churches to install bike racks.
- Promote the construction of new bike lines.
- Ask your governor, state, county legislators, and public utility regulators to promote energy efficient, nonpolluting alternative transportation systems.

Air pollution, global climate change, traffic congestion, economic dependence on fossil fuels are all reduced by biking instead of driving.

For every single gallon of gasoline burned, 20 pounds of carbon dioxide go into the atmosphere.

**Things you can do:**
- Encourage Community Actions.
- Urge your local libraries, businesses churches to install bike racks.
- Promote the construction of new bike lines.
- Ask your governor, state, county legislators, and public utility regulators to promote energy efficient, nonpolluting alternative transportation systems.

Air pollution, global climate change, traffic congestion, economic dependence on fossil fuels are all reduced by biking instead of driving.

For every single gallon of gasoline burned, 20 pounds of carbon dioxide go into the atmosphere.

**Things you can do:**
- Encourage Community Actions.
- Urge your local libraries, businesses churches to install bike racks.
- Promote the construction of new bike lines.
- Ask your governor, state, county legislators, and public utility regulators to promote energy efficient, nonpolluting alternative transportation systems.