



Together to work healthily

Recent years have seen significant changes in the composition and use of transport in developed countries, with emphasis on improving the quality of the environment, reducing transport emissions, enhancing human health and healthy lifestyle, both a more appropriate diet and a regular movement. This is not just about the lower emission vehicles or carsharing, the important element is also the development of non-emission transport, namely cycling and walking. Regional Public Health Authority of Moravian - Silesian Region („RPHA“) has long been supporting activities to improve both the environment and human health. On the basis of the above, **a new initiative has been developed within the framework of the RPHA in 2018**, whose main principle is the promotion of a healthy way of transport to work, ie cycling or walking. Employees who have joined the project registered their journeys to work from June to December 2018. This is a record of the number of journeys made and mileage completed both in the form of cycling and pedestrian, at weekly intervals. This initiative will continue also in 2019 due to the successful last year, from June to October 2019. **We will be very happy if you join us! ☺**

One of the main objectives was to find out how much emissions have been spared by this initiative. Benefits include improving the physical condition of the employees involved, or increasing labor productivity at work. In relation with this project, RPHA's regional facilities were also improved by the necessary infrastructure, such as bike stands, which the public can also use. **So you can also visit our office via bicycle.**

A total of 26 employees joined the project in 2018, 21 of whom were active and regularly choose a healthy way to work. They did a total of 9268 km in 2018 and this distance was covered by 1742 journeys (ie moving from home to work or home).

Specifically, it was 6432 km by bike and 2836 km by foot. Approximately 96% of this distance and these trips were made by women, with women among KHS MSK employees making up the majority, namely 82%. We would like to thank them this way for their great commitment! 😊 If you have any **feedback** on the first season, we'd be happy to send it to the contact person listed below.

Based on the methodology published on the US Environmental Protection Agency website, 174 grams of CO₂ per 1 kilometer can be expected if a car with the consumption of 8 liters of gasoline or 6 liters of diesel was chosen instead of cycling or walking (ratio 50:50). Under this assumption, from June to December 2018, up to 1624 kilograms of CO₂ were saved by RPHA employees. Real values are likely to be lower, as some employees have previously chosen to travel to work via public transport.

Finally, **we would like to encourage you in a friendly way to join us** if you do not do so 😊 Healthy movement is a very important aspect of our lives!

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