



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**, whose main principle is the promotion of a healthy way of transport to work, ie cycling or walking. Employees who have joined the project register 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.

One of the main objectives is 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 25 employees joined the project, 19 of whom are active and regularly choose a healthy way to work. As of 9.8.2018, a total of 4552 km was offened and this distance was offened by 629 journeys (ie home-to-work or work-to-home). Specifically, it is 3724 km by bike and 828 km on foot. Approximately 93% of this distance and these journeys were performed by women (women constitute the majority among the employees of RPHA). However, we would like to thank them for their great work and performace! 😊

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, as of 9 August 2018, up to 792 kilograms of CO₂ were saved by RPHA employees, which is almost 400 kg / month. 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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