

## 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 was developed within the framework of the RPHA**, whose main principle was the promotion of a healthy way of transport to work, ie cycling or walking. Employees who joined the project wrote their journeys to work from June to December 2018. This was 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 26 employees joined the project, 21 of whom are active and regularly choose a healthy way to work. For the above period in 2018 a total of 9268 km was completed and this distance was completed by 1742 journeys (ie home-to-work or work-to-home). Specifically, it was 6432 km by bike and 2836 km on foot. Approximately 96% of this distance and these

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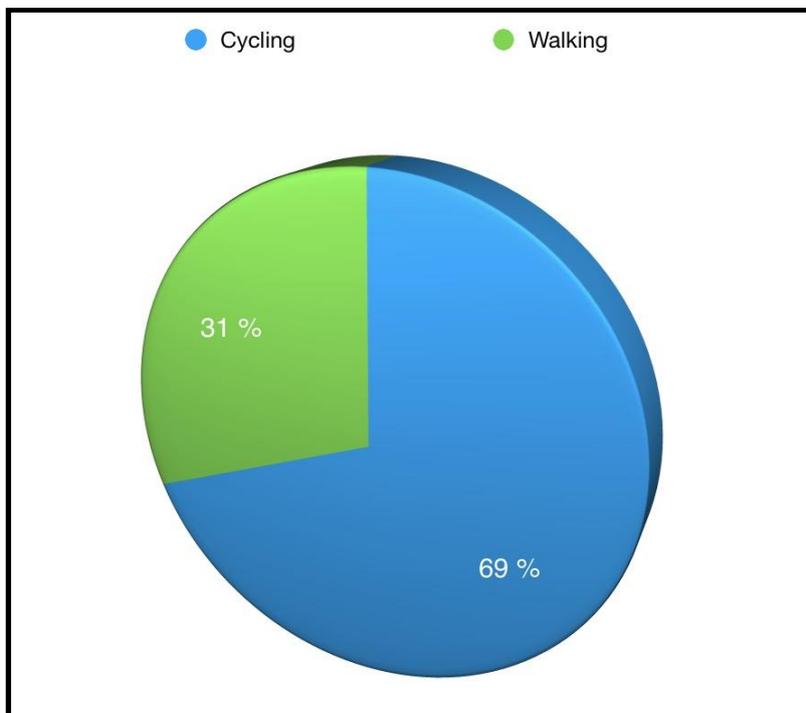
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journeys were performed by women, with women among the employees of RPHA accounting for the majority, namely 82%. Therefore we would like to thank them for their great work and performance! 😊

Based on the methodology published on the US Environmental Protection Agency website, 188 grams of CO<sub>2</sub> per 1 kilometer can be expected if a car with the consumption of 8 liters of gasoline or 7 liters of diesel was chosen instead of cycling or walking (ratio 50:50). Under this assumption, active employees saved up to 1624 kilograms of CO<sub>2</sub> for the specified time period, which is almost 240 kg per month. Real values are likely to be lower, as some employees have previously chosen to travel to work via public transport.

Employees who have participated in the project will continue in this kind of transport this year as they enjoy it and perceive its benefits. 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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Graph: The ratio of cycling and walking (km)