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Company Logo

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Contact:

(Company Name)

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**(Company Name) “GEARS UP” FOR MAY COMMUTER CHALLENGE**

**Billings, Montana- Month, Date, Year**– (Company) is proud of its employees for hanging up their keys in exchange for their helmets, walking shoes, and bus tickets as they participate in the Billings Commuter Challenge, brought to you by Billings TrailNet and community partners and sponsored by St. Vincent Healthcare.

To celebrate better weather and promote a healthy and active lifestyle, (Company Name) is encouraging its employees to bike, walk, or take the bus, to work, errands, or school. (Spokesperson’s Name & Title) says, “our employees are coming to work more energized and ready to start the day.”

Health experts say that just 30 minutes of exercise per day can make a big difference in people’s health and feelings of wellbeing. “I can see a difference in our office already,” says coworker (Name). “It’s been a fun team-building experience, and people seem happier.”

(Company) signed up for the competition to promote their employees’ health, and provide a fun atmosphere within the business. To encourage employees to participate, (Company) is offering (bagels on Friday mornings) for employees who log a minimum of one commute per week for their team on mtcommuterchallenge.org.

 “Provide a quote about reasons why this has been such a great thing and what you hope for your employees,” explains (Spokesperson’s Name & Title).

(Company) is concerned about (pick up to three) air pollution, traffic congestion, energy use, public health and employee wellbeing.  They believe employers can reduce their workplace’s impact on regional air quality by encouraging more of these active transportation choices, where employees are also getting exercise and fresh air by walking, biking or taking the bus to work and home.

The Commuter Challenge runs from May 1-31, 2016 in Billings. Anyone can join the Commuter Challenge by signing up at billingstrailnet.org/commuter and logging their commutes. Prizes will be drawn each week for those who actively commute a minimum of one time per week, and final awards will be given in early June. For more information, see <http://billingstrailnet.org/commuter>.

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