

# 75 WAYS to SAVE GAS



Save  
\$100s On  
Gas!

Clean, Green  
Tips to Cut  
Your Fuel Bill

Jim Davidson of Car\$mart



# 1 Why not walk?

For your local errands and activities, why not use your feet instead of your car to get things done? If you give yourself a bit of extra time and plan ahead, you'll be surprised how much you can get done by walking. Don't pollute. Instead, leave the car at home and save a lot of gas.

“Approximately 50% of car use is for trips within 3 miles of the home.”

[www.eartheasy.com](http://www.eartheasy.com)

Here are seven ways to include walking in your busy schedule:

- Walk your kids one way to school every other day.
- Every second weekend, do your errands on foot.
- On your lunch break, walk from work to do errands.
- Walk with your partner or a friend to the local coffee shop.
- Walk to the corner store or video store instead of driving.
- Walk to and from the gym—it's also a great way to warm up and cool down.
- If you live close enough, walk to work at least once a week.

In addition to saving fuel, you'll enjoy the fresh air, peace of mind, and health benefits that come with exercise.

## **TWELVE WALKING SAFETY TIPS**

- 1.** Walk facing traffic.
- 2.** Use the sidewalks.
- 3.** Don't jaywalk; always cross at intersections.
- 4.** At night, walk on well-lit streets or paths.
- 5.** Walk with a buddy.
- 6.** Always be aware of your surroundings.
- 7.** Carry a fully charged cell phone in case of emergencies.
- 8.** Turn your mp3 player down or off so that you're able to hear what's going on.
- 9.** Plan your route with safety in mind and avoid hazardous short-cuts.
- 10.** Dress for the weather—make sure to layer up in winter and wear breathable fabrics in summer.
- 11.** Wear comfortable shoes.
- 12.** If you're going for a long walk, stay hydrated by taking some water with you.