



CUTTING ENERGY USE ON THE ROAD BY 20% – tips to get you started  
For better health and a cleaner environment.



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 **TORONTO** Public Health

# Tips to reduce energy use on the road

## Reduce vehicle emissions:

- Keep your tires properly inflated; check your tire pressure at least twice a month and add air when needed
- Keep your engine properly tuned
- Take your time speeding up and slowing down
- Choose an energy-efficient vehicle; larger cars and engines often burn more fuel and cost more money to run
- Limit the amount you idle your engine – it wastes gas and creates air pollution

## Reduce vehicle use:

- Carpool – share a ride to work, school or to events
- Use public transit – take the bus, streetcar, subway or GO Train
- Walk and bike – use your legs for great exercise
- Telework – work from home even once a month and make a difference
- Trip chain – combine errands into one journey rather than making several separate car trips



Get your free copy of the 20/20 Planner to learn more  
about how you can reduce your energy use at home and on the road by 20%  
[www.toronto.ca/health/2020](http://www.toronto.ca/health/2020) or 416-392-2020

