



Photo: Courtesy of SLO County APCD

We care about healthy living in San Luis Obispo County. That is why we are concerned about climate change. Now is the time to come together as a community and talk about how climate change is affecting our well-being. The good news is, many actions that help limit climate change also improve the health of our families and community.

"I take health and climate change personally because I want everyone to have access to incredible quality of life. My wife and I love riding our bikes to the movies because it's fun, healthy, and such a simple way to preserve the wonderful environment of the Central Coast."

- Dan Rivoire,

*Resident and SLO County Bicycle Coalition Executive Director*

### Choose Healthy and Climate Friendly Travel

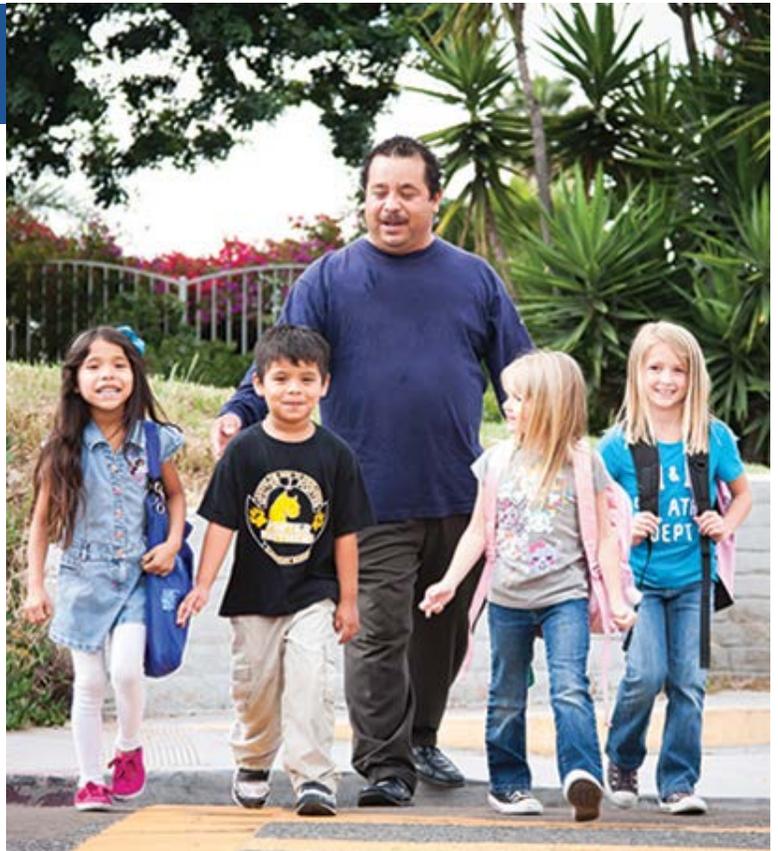
How we get where we need to go matters for our health and the climate.

In California, transportation is one of the biggest contributors to climate change. Climate friendly travel, including walking, biking and taking the bus are all good for our health and the climate. It increases physical activity, can reduce heart disease, obesity and depression, and reduces air pollution which is climate friendly.

#### What you can do:

- Walk or bike instead of driving
- Use public transportation
- Support safe places to walk and ride bikes

Go to: [Rideshare.org](http://Rideshare.org)



To learn more and get involved, go to:  
**healslo.com**

Outsideln SLO is a partnership between San Luis Obispo County Public Health Department and the California Department of Public Health.

