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SLO County Air Pollution Control District**

Air Quality Awareness Week – Day #3

Walk Somewhere Wednesdays

SAN LUIS OBISPO, CALIFORNIA, – How did you get to work today? Drive your car, ride your bicycle or hop on the bus? What about using your own two feet? Living on the central coast provides many great days to get outside and walk to your next errand.

Tip #3 - During Air Quality Awareness Week, the San Luis Obispo (SLO) County Air Pollution Control District (APCD) urges residents to reduce the use of their car or truck, and get out your vehicle and walk more often. Walking instead of driving helps keep the air clean and its great exercise! Walkable communities are a great way to exercise your body, enjoy the beautiful outdoor environment, and meet up with your neighbors. Even if it is a trip around the corner to the school, store or library, walking instead of driving provides many healthy benefits.

When you plan to be outside and active, it is a good idea to keep informed of the air quality conditions. Sign up to receive the daily air quality forecast via email by subscribing online using the APCD website: <http://www.slocleanair.org/air/AirForecasting.php> Air quality information is also available online at <http://www.slocleanair.org/> or by calling the air quality forecast recording at (805) 781-4390. You can also follow the SLO County APCD on Twitter at @SLOCleanAir!

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