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## CHANGE YOUR STYLE, RIDE A BIKE WITH EDILTECO!

In celebration of World Mobility Week, Edilteco launched an initiative to encourage its employees to commute to work by bicycle. With the key message “**CHANGE your style, RIDE a bike!**”, Edilteco promotes cycling as a sustainable mode of transportation. To mark the occasion of Bike to Work Day, the company offered a generous breakfast to all employees who arrived at the office on their bike.

Employees from neighboring towns such as Quarantoli, Mirandola, Medolla, and Finale Emilia enthusiastically embraced the company’s invitation. Despite uncertain weather, they cycled to the office at Via dell'Industria 710, San Felice sul Panaro - Modena, where they were greeted with a delicious breakfast featuring warm croissants, fruit juices, and excellent espresso coffee. The day kicked off with energy and sense of community, as the shared experience of cycling and connecting over breakfast created a spontaneous and relaxing team-building moment. This showed how even the choice of commuting can strengthen workplace relationships.

### Benefits across multiple fronts: physical, psychological, economic, and environmental

Cycling to work is not only an ecological choice but also provides numerous benefits for both individuals and companies.

- **Physical benefits:** Regular cycling improves health and reduces stress through consistent physical activity.
- **Psychological benefits:** Cycling releases endorphins—commonly known as the "happiness molecules"—boosting mood and enhancing productivity at work.
- **Economic benefits:** Using a bicycle significantly reduces costs, saving money on fuel or public transportation fares, and minimizing vehicle wear and tear.
- **Environmental benefits:** Choosing a bike over a car helps reduce air pollution, alleviate traffic congestion, and lower one’s carbon footprint.

### A tool for team building and strengthening workplace bonds

Edilteco recognizes that small changes, such as biking to work, can have a significant impact on team cohesion and workplace morale. The Bike to Work Day demonstrated how a simple initiative can

foster a sense of belonging and promote team building. The shared experience of cycling, beyond being an enjoyable activity, highlighted the physical and emotional benefits of biking, enhancing social connections and employee well-being.

## **Biking for a better future**

With its call to embrace cycling, Edilteco not only encourages its employees but also inspires the broader community to consider the importance of changing lifestyles. Commuting by bicycle is a small yet meaningful step towards a more sustainable future, offering advantages ranging from financial savings to improved physical and mental health, all while positively impacting the environment.

## **Every pedal counts**

In summary, the message is clear: every pedal stroke contributes to creating a healthier, happier world where sustainable mobility becomes an integral part of daily life.