

Title:

Ten Tips For The Overextended Commuter

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Summary:

Do you know a commuter who isn't overextended because of the commute he or she must take to re

According to federal statistics, workers are making longer commutes than in the past. More peo

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Article Body:

Do you know a commuter who isn't overextended because of the commute he or she must take to re

According to federal statistics, workers are making longer commutes than in the past. More peo

Below are listed ten tips that may save you time, money and energy. Even using one or two of t

1. Make a plan. Think about what in the commute is taking your time, money and energy and do s

Commuting is expensive and might even be a major expense in your budget. This expense might le

How can this be done? You might share a ride with someone. There are web sites that will help

2. Assess your needs regularly. You might have gotten into a rut that no longer works for you.

The other assessment centers around your home location. Does it still serve you to be living w

3. Be prepared. Be ready to walk out the door without searching for car keys, airline tickets,

4. Commuter's needs change seasonally. Just the awareness and acceptance of this can have a po

5. Regeneration, daily, weekly and annually, is important in the life of the commuter. Long di

6. Make healthy choices about what you do during the day. Packing lunches some of the time put

7. Use tools to make you more efficient. Scheduling is one that could be used more effectively

8. Family and social time is necessary to a happy life. It is not optional. If necessary, peno

9. Corporations need to understand that the employee who has the commute under control is a be

10. Commuting is a choice that was made, sometimes very long ago. That choice should be recons

Use these tips and see what happens to the negative effects of the commute. My challenge to yo

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