

Happy Fall from SustainVU! We wanted to let you know about the exciting green events and sustainability opportunities happening in the near future. More information about each item discussed below can be found at www.vanderbilt.edu/SustainVU. We hope you have a fun and sustainable start to your autumn!

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Participate in a VU research study about physical activity and commuting!

The methods people use to travel to work may be contributing to the epidemic of obesity in the United States. A team of Vanderbilt researchers are interested in comparing how level of physical activity is associated with different methods of commuting to work. The study will be comparing people who walk to work, drive to work, take public transportation to work, and ride a bike to work.

You may be eligible if you:

- Commute to work at least three days a week using one of the following methods: bicycle, bus, train, or walking.
- Are 18 years of age or older
- Live off campus
- Are able to walk without using a wheel chair or walker

Description

This is a Vanderbilt University research project in collaboration with the Metropolitan Planning Commission to study the impact of mode of transportation on physical activity and health. Participants will be asked to wear a physical activity monitor and GPS data logger for a period of 7 consecutive days. Participants will also complete a series of short surveys about their personal health, transportation habits, and exercise.

The current pilot phase is looking for 10 people each who walk, bike or take the train or bus to campus at least three days per week.

Participants will be compensated for their time.

For more information contact: Amanda Carrico (615) 364-7981 Amanda.R.Carrico@Vanderbilt.edu

VUH Recycling Program

This past month the Sustainability and Environmental Management Office teamed up with VUH Environmental Services to implement plastic and can recycling in employee break rooms and public waiting and lobby areas throughout Vanderbilt University Hospital! Plastics #1-7 and aluminum may be recycled through this program in designated containers. For more information about this program, email SustainVU@vanderbilt.edu.

Vanderbilt Farmers' Market

Don't forget to visit the Vanderbilt Farmers' Market, which features fresh fruits, vegetables, herbs and flowers from local farmers! The last two for the year are tomorrow, October 22 and next Thursday, October

29 from 3-6pm on Medical Center Plaza, across from Langford Auditorium.

Environment and Sustainability Career Events

Environmental Consulting 101

The Environmental and Sustainability Cluster at the Career Center will host Jeff Gowdy, founder of a local environmental consulting firm and Vandy alumnus, on Wednesday, October 28 at 12:10 PM in Meeting Room 3 of the Student Life Center.

Green Corps Internships

Haiz Oppenheimer, a recruiter for the Green Corps, will be on campus Monday and Tuesday, October 26 and 27. If you wish to meet with Mr.

Oppenheimer during his time here, please contact him at haiz@greencorps.org. Visit <http://www.greencorps.org/> to learn more about Green Corps opportunities.

More information on all Environment and Sustainability Career Center events can be found at <http://www.vanderbilt.edu/career/students/clusters.php?cluster=38>.

Greening Your Community Conference: The Urban Forestry Approach

Presented by the Tennessee Urban Forestry Council, this conference will be held from October 22 - 23, 2009, at Lipscomb University. In addition to member (\$110) and non-member (\$125) registration rates, student registration rates (does not include workshops or tours) are available both with (\$70) and without (\$35) meals. For more information about the conference and registration, visit: www.greeningyourcommunity.org.