

LIFE IS BETTER ON A

BIKE

RESEARCH INDICATES THAT CYCLING CAN PROVIDE NUMEROUS HEALTH BENEFITS, INCLUDING THE FOLLOWING:

IMPROVED HEART HEALTH



LOWER BLOOD PRESSURE



HELP MANAGE WEIGHT



IMPROVED LUNG HEALTH



IMPROVED MENTAL HEALTH



HIGHER FITNESS LEVELS



LOW IMPACT ACTIVITY



IMPROVED SENSE OF BALANCE



Adults should have **150 minutes a week** of aerobic activity. 

FAMILY BIKING



Biking with kids or toddlers can seem overwhelming, but there are several options for hauling kids on your bike:

Bike seats (front or rear)
Bike trailers
Cargo bikes

Trailer-cycles
Tow bars
Tow ropes

BIKING IS A POLLUTION-FREE MODE OF TRANSPORT.



BEAT STRESS



Cycling helps create positive endorphins in your brain, which reduces anxiety and depression. Boost the positive vibes and go for a spin with a group of friends!

RULES OF THE ROAD



1. FOLLOW THE LAW

You have the same rights and responsibilities as drivers. Obey traffic signals and stop signs. Ride with traffic; use the rightmost lane headed in the direction you are going.

2. BE PREDICTABLE

Ride in a straight line and don't swerve between parked cars. Signal turns, and check behind you well before turning or changing lanes.



3. BE CONSPICUOUS

Ride where people can see you and wear bright clothing. Use lights and reflectors when visibility is poor. Make eye contact with others and don't ride on sidewalks.



4. THINK AHEAD

Anticipate what drivers, pedestrians, and other people on bikes will do next. Watch for turning vehicles and ride outside the door zone of parked cars. Look out for debris, potholes, and other road hazards. Cross railroad tracks at right angles.



5. RIDE READY

Check that your tires are sufficiently inflated, brakes work, chain runs smoothly, and quick release levers are closed. Carry appropriate supplies and tools for your ride. Wear a helmet.



WHAT IS A SHARROW?

Sharrows signify that the biker shares the lane with cars. (symbol below)

