

Beautiful weather = time to ride a bike!!!

Commuting by bicycle includes valuable wellness benefits. Cycling is a great aerobic workout that works a large range of muscle mass.

Physical wellness benefits:

- Cardiovascular function improvement
- Chronic disease risk reduction
- Immune function improvement
- Muscular strength gains
- The health benefits of cycling outweigh the safety risks by a factor of 20 to one

Emotional wellness benefits: Cycling has a positive effect on emotional health – improving levels of well-being, self-confidence and tolerance to stress while reducing tiredness, difficulties with sleep and a range of medical symptoms.

Environmental wellness: When the complete life cycle of the following modes are taken into account, the carbon emissions are approximately

- Bicycle, 21 g CO₂/passenger/km traveled
- Electric-assist bicycle, 22 g CO₂/passenger/km traveled
- Passenger car, 271 g CO₂/passenger/km traveled
- Bus, 101 CO₂/passenger/km traveled

Financial Wellness: The costs of taking the bike to the store or the lunch hour appointment is considerably less than driving a car. According to the AAA, the costs of operating a medium-sized sedan is almost \$0.59 / mile, which could be translated to over \$8,000 / year¹.

Occupational wellness: Studies have shown that biking to work boosts employee productivity, improves health, and increases lifespan.

Sources:

- Hillman, M., 1992 in Cavill, N., and Davis, A., 2007, *Cycling & Health: What's the evidence*, Cycling, England.
- European Cyclists' Federation, 2011, *Cycle more often 2 cool down the planet: Quantifying CO₂ savings of cycling*. P15, ECF, Brussels.
- Boyd, H., Hillman, M., Nevill, A., Pearce, A. and Tuxworth, B. (1998). *Health-related effects of regular cycling on a sample of previous non-exercisers*, Resume of main findings.

Additional Cycling links to enjoy:

- Topeka Metro Bikes site: <http://topekametrobikes.org/>
- Why Riding Your Bike Makes You A Better Person (According to Science) http://www.huffingtonpost.com/2014/07/06/benefits-of-cycling_n_5530635.html
- Your Brain on Bicycling <http://www.bicycling.com/training-nutrition/training-fitness/your-brain-bicycling>
- 60 Benefits of Cycling <http://www.ibike.org/encouragement/benefits.htm>
- Bikenomics: How Bicycling Can Save the Economy (video): <https://vimeo.com/75716446>
- An easy cycling vs. driving cost calculator: <http://bicycleuniverse.info/>
- The costs of driving your car: <http://newsroom.aaa.com/tag/your-driving-costs/>



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**“I can offer you a great benefits package:
liberal use of the company bike, paid nap time,
free cootie insurance, and a pension at age 10.”**

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