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:**
- **European Cyclists’ Federation, 2011 ,Cycle more often 2 cool down the planet: Quantifying CO2 savings of cycling. P15, ECF, Brussels.**

**Additional Cycling links to enjoy:**
- Topeka Metro Bikes site: [http://topekametrobikes.org/](http://topekametrobikes.org/)
- An easy cycling vs. driving cost calculator: [http://bicycleuniverse.info/](http://bicycleuniverse.info/)
- The costs of driving your car: [http://newsroom.aaa.com/tag/your-driving-costs/](http://newsroom.aaa.com/tag/your-driving-costs/)