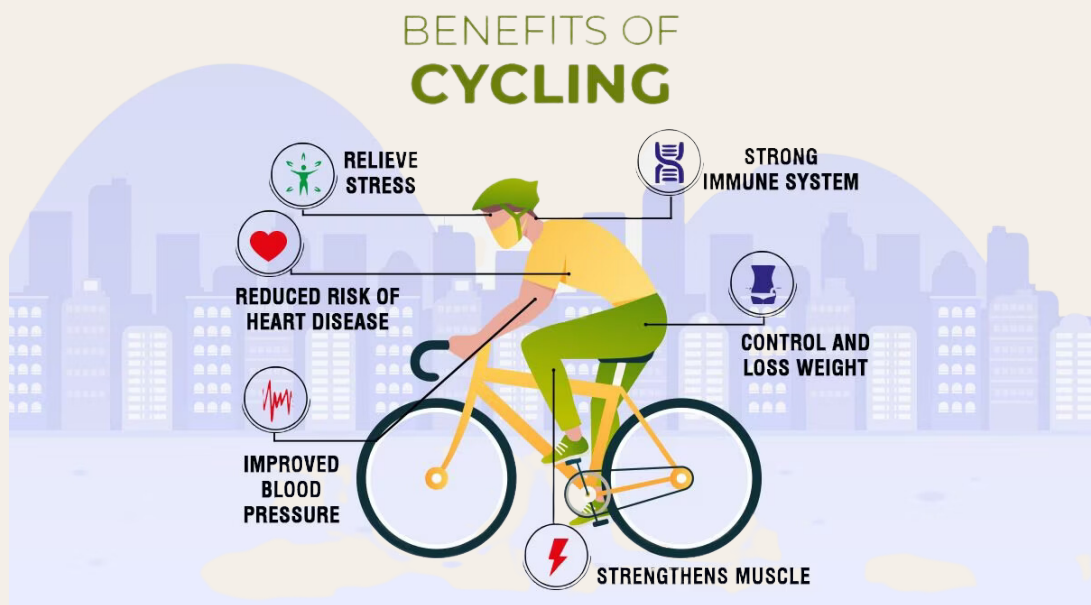


WHY SHOULD YOU USE A BICYCLE?

The Health benefits of riding a bike



When we ride a bicycle, our heart rate increases because our heart works harder to provide the energy our muscles need and pumps more blood. Our muscles receive the energy they require, and our heart muscles become stronger. The blood flow to our brain accelerates, allowing us to make quicker decisions. Our lungs, which work more efficiently, store more oxygen with every breath to supply the clean blood our heart requires.



ENVIRONMENTAL BENEFITS OF RIDING A BICYCLE

- ✓ A bicycle is an "Eco-friendly" mode of transportation. It has zero emissions and does not contribute to air pollution or global warming.
- ✓ In an 11 km journey, 90% of gas emissions occur within the first 1.5 km before the engine warms up, and over 40% of car journeys are less than 3 km. Choosing bicycle journeys over short car trips is an excellent way to reduce the greenhouse gases contributing to global warming.
- ✓ Riding a bicycle reduces the demand for oil.
- ✓ Bicycles require much less road space than cars, trucks, etc. Increasing bicycle usage will reduce the need for roads and highways, thereby mitigating the destruction of open spaces and wildlife habitats.
- ✓ Cars kill or injure tens of thousands of people and animals every year. Bicycles are harmless.



More Info!



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