

Benefits of Bicycling



Bicycling helps the local economy...



- Almost 20% of a family's budget is spent on transportation; more pedal power (and less fuel consumption) can mean real savings for families.
- Increased disposable income in turn stimulates the local economy.
- Improving bicycling conditions is a cost effective way of optimizing existing public infrastructure.

Bicycling communities are healthier communities...

- Adding bicycling to your daily routine helps you stay healthier. 60% of Americans are overweight or obese. Bicycling is a great solution to the problem.
- 30 minutes of moderate exercise (like bicycling), 5 days a week can reduce risks for illnesses such as high blood pressure, heart disease, arthritis and depression.
- Bicycle trips create zero emissions, contributing to better air quality for the region (and cleaner air for you to breathe!).



Bicycling communities are strong communities...

- Cities that promote bicycling retain youth, attract young families and increase social capital.
- Improved bicycling conditions add to the vitality and quality of life of the community and provide access to recreational destinations across the region.
- Improved bicycling conditions provide mobility for people who do not have cars, increasing access to jobs, education, and healthcare.
- Better bicycling conditions provide access to public transit, increasing transportation options.

