

HEALTH



Biking can increase muscle strength, improve cardiovascular fitness, improve joint mobility, decrease feelings of stress and anxiety and overall have a positive effect on body weight.

EXERCISE



Biking is a low impact exercise, which may cause less strain and injuries than other forms of exercise.

PROTECTION



Biking is a great form of aerobic physical activity and engaging in regular physical activity can help protect against chronic disease, such as diabetes, heart disease and obesity.

TIME EFFICIENT



Biking for transportation can replace sedentary time spent driving a motor vehicle or riding trains, buses, etc.

DECREASED POLLUTION



Biking uses minimal fossil fuels and is a pollution-free mode of transportation. Biking can also create less noise pollution.

AFFORDABLE



Biking is more affordable, about 10% of the world's population can afford a car and about 80% of people can afford a bike.

SERVICES



Biking offers door-to-door services because bikes can be parked close to destinations.

DECREASED DAMAGES



Cars do more damage to road surfaces than bikes.

SAFER ENVIRONMENT



A large number of bikes in a neighborhood can provide a safer road environment for residents. Less traffic can equate to less danger on roads.