

THE BENEFITS OF CYCLING

{HEALTH & COMMUNITY}



Cyclists are a diverse group. Some of us ride fat tires down rocky trails, some of us ride road bikes up burly hills, some of us ride for sport and some of us ride just for fun. Some ride for the adrenaline rush and some ride their bikes for basic transportation.

Bicycling, along with being the most efficient mode of human locomotion, is also one of the best all-around activities for improving our health and communities.

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2 CYCLING IS THE **SECOND** MOST POPULAR OUTDOOR ACTIVITY IN THE U.S.

Source: Outdoor Foundation, 2010



Source: National Highway Traffic Safety Administration.



Studies have shown that homes closer to bike paths are more valuable.

Source: Bikes Belong Foundation



THE AVERAGE PERSON WILL LOSE 13 LBS IN THEIR FIRST YEAR OF RIDING TO WORK

Source: Outdoor Foundation, 2010

BALANCE

Cycling produces the balance between exertion and relaxation which is so important for the body's inner equilibrium.



MENTAL HEALTH

Cycling has a relaxing effect due to uniform, movement which stabilizes physical and emotional functions. It reduces anxiety, depression and other psychological problems.

HEART

All the risk factors that lead to a heart attack are reduced and regular cycling reduces the likelihood of heart attack by more than 50%.

BACK PAIN

Cycling posture is optimum, and the cyclic movement of the legs stimulates muscles in the lower back.

COORDINATION

Moving both feet around in circles while steering with both your hands and your body's own weight is good practice for your coordination skills.

WAISTLINE

Cycling is ideal for targeting problem areas. It enables people who can not move easily to exercise. It increases fitness and stimulates the body's fat metabolism.

MUSCLES

A week of inactivity reduces the strength of the muscular system by up to 50% and can harm them long-term. During cycling, most of the body's muscles are activated.

JOINTS

The circular movement of cycling assists the transport of energy and other metabolic products to the cartilages, reducing the likelihood of arthritis.

Source: Cavill N, Davis A, 2007. "Cycling and Health: what's the evidence?" Cycling England.

ON A ROUND TRIP OF TEN MILES, CYCLISTS SAVE AROUND \$10.00 A DAY

Source: Commute Solutions, 2011



More than three times as many new bicycles (14.9 million) are sold in the U.S. each year than cars (4.6 million)

Source: National Bicycle Dealers Association, 2010

CYCLING/WALKING PROJECTS CREATE 11-14 JOBS PER \$1 MILLION SPENT COMPARED TO JUST 7 JOBS CREATED PER \$1 MILLION SPENT ON HIGHWAY PROJECTS

Source: The Alliance for Biking & Walking Benchmarking Project