

## Bike to Work Week, May 13-17

### Five reasons to cycle to work

**Longer life, improved health, more energy, lower costs and extra fun... It's official – cycling makes you a better person in many ways. Here are just a few reasons, along with some compelling stats, to cycle to work**

1. **Feel happier:** Apart from the increased self-esteem and confidence that getting fitter and leaner will give you, simply spending more time outside will cheer you up. This is thanks to the ability of sunlight to boost your levels of the feel-good hormone serotonin.
2. **Live longer:** "Our research found that those who exercise regularly are at significantly lower risk of cardiovascular disease, Type II diabetes, all types of cancer, high blood pressure and obesity," says Dr Lynn Cherkas of King's College London.
3. **Travel cheaper:** The average annual operating cost of a bicycle is \$308, compared to \$8,220 for the average car, and if American drivers replaced just one four-mile car trip with a bike each week for the entire year, it would save more than two billion gallons of gas, for a total savings of \$7.3 billion a year, based on \$4 a gallon for gas. (source: *Pedaling to Prosperity: Biking Saves U.S. Riders Billions A Year*)
4. **Get leaner:** Sports psychologists have found that the body's metabolic rate – the efficiency with which it burns calories and fat – is not only raised during a ride but for several hours after. "Even after cycling for 30 minutes you could be burning a higher amount of total calories for a few hours after you stop," says Mark Simpson of Loughborough University.
5. **Save the planet:** It takes around five percent of the materials and energy used to make a car to manufacture a bike, and cycling produces zero pollution. Bikes are efficient machines too – you travel around three times as fast as walking for the same amount of energy and, taking into account the 'fuel' that you put in your 'engine', you can do the equivalent of 2,924 miles to the gallon. You have your weight ratio to thank for that: you're about six times heavier than your bike but a car is roughly 20 times heavier than you.

Source: <http://www.bikeradar.com/fitness/article/five-reasons-to-cycle-to-work-29878/>



"I started bicycling to help me get in shape,  
but swallowing all those bugs made  
me gain weight!"

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