

# Benefits of Bicycling



- ✓ **Zero Emissions**
- ✓ **Saves You Money**
- ✓ **Relieves Stress**
- ✓ **Reduces Risk of Heart Disease**
- ✓ **Strengthens Your Immune System**
- ✓ **Boosts Metabolism**
- ✓ **Reduces High Blood Pressure & Risk of Diabetes**
- ✓ **Gives You Legs of Steel**
- ✓ **Helps you lose fat & build muscle**
- ✓ **Improves Coordination**

**Burn  
Calories,  
Not Fuel**

 <p><b>Wear</b> a Bike Helmet</p>	 <p><b>See</b> and Be Seen</p>	 <p><b>Use</b> Verbal and Non-Verbal Communication</p>
 <p><b>Check</b> Your Equipment</p>	 <p><b>Watch</b> for and Avoid Road Hazards</p>	 <p><b>Avoid</b> Riding at Night</p>

