

WHY CYCLE?



HEALTH

Cyclists enjoy fitness levels of those 10 years younger

On average cyclists live 2 years longer than non-cyclists

Riding your bike for 30km a week reduces your risk of heart disease to less than half that of non-cyclists

Going by bike firms your thighs and bottom 😊



Cycling raises your metabolic rate, helping you stay at a healthy weight

LOCAL ENVIRONMENT

Going by bike, instead of by car, lowers your carbon emissions making your local environment nicer and the air you breathe cleaner



Cycling reduces traffic congestion making the roads safer for children, pedestrians, and cyclists



Cycling in cities can be twice as fast as driving - you don't get stuck in traffic

Dodging traffic jams means you will usually arrive at your destination on time



Physical activity has been proven to overcome and prevent depression and anxiety

Going by bike puts you at the cutting edge of the cycling revolution



Cycling burns calories not fuel, so going by bike saves you money

The average cost of maintaining a car is €340 a year compared to €90 for a bike



The sole responsibility for the content of this information lies with the authors. It does not necessarily reflect the opinion of the European Union. Neither the EASME nor the European Commission are responsible for any use that may be made of the information contained therein.