

Have Fun, Get Fit, Try Bicycling to Work!



Want to get in shape, get healthier, and get moving? Do you know the benefits or exercise, yet dread working out because you think it's too strenuous or too boring? Maybe it's time to rethink the way you bring physical activity into your life. Physical activity is anything that gets your body moving, including riding a bicycle to work – and that's why Americans are urged to try cycling for fun, fitness, and to bike to work for everyday transportation.

Dr. Richard Besser, director of CDC's Coordinating Office for Terrorism Preparedness and Emergency Response participates in National Bike to Work Day in Atlanta

The U.S. Centers for Disease Control and Prevention (CDC) in partnership with the League of American Bicyclists and the American Public Health Association (APHA) observe both National Bicycle to Work Week and National Bike Month each May; and hundreds of communities across the United States participate in National Bicycle to Work Week.

Here are some tips from the League of American Bicyclists that will help you enjoy biking to work more:

- Have your bike checked over by your local bike shop
- Always wear a helmet to protect your head in the event of a crash
- Ride in the right-most lane that goes in the direction that you are traveling
- Obey all stop signs, traffic lights and lane markings
- Look before you change lanes or signal a turn; indicate your intention, then act
- Be visible and predictable at all times; wear bright clothing and signal turns.

According to Howard Frumkin M.D., Dr.P.H., who heads CDC's environmental health programs, "biking to everyday destinations is a great way to make physical activity a part of daily living. Designing and building our communities so biking and walking are safe alternatives to driving is important to our health."



Communities can get excited about biking, too. For example, employers can encourage and support bicycle commuting by providing bicycle racks or bicycle storage areas. Volunteers can organize bike trains or commuter convoys that enable bicyclists to ride to work together. Experienced cyclists can pair with a less experienced cyclist to provide the needed support to beginner bicycle commuters to get them started.

"Trading in your daily car commute for an idyllic bike ride isn't only good for our environment, it's the perfect way to incorporate regular physical activity into our typically over-packed, hectic schedules," said APHA Executive Director George Benjamin, MD. "Biking has always been an accessible, affordable and fun way to help maintain a healthy lifestyle. Plus, using a bicycle for daily transportation is a chance to reconnect with our communities and our neighbors."

To find bike trains or other events in your community contact your local bicycle organization or visit the League of American Bicyclists Bike Month event listing at <http://www.bikeleague.org/programs/bikemonth/events.php>

For more information please visit www.cdc.gov or call 1-800-CDC-INFO (800-232-4636). For information on Healthy Places, visit <http://www.cdc.gov/healthyplaces/> and on Physical Activity visit <http://www.cdc.gov/physicalactivity/>