



## Why YOU should Bike to Work

- 1. It's fun.** Biking isn't just for sunny Sunday afternoons; enjoy the ride every day of the week.
- 2. It's a great way to get in shape.** The Heart and Stroke Foundation recommends getting "at least 150 minutes of moderate-to-vigorous-intensity aerobic physical activity per week." What better way to sneak in a work-out than on your way to work.
- 3. It's inexpensive.** Less fuel costs and less car maintenance! According to the Canadian Automobile Association, driving 20,000 km is costing you anywhere from \$9,000 to \$12,000 each year.
- 4. It's good for your heart.** We've all heard it time and time again, but it's true! Physical activity can lower blood pressure, lower risk for type 2 diabetes, and reduce plaque build-up.
- 5. You'll feel like a kid again.** Remember those fun bike rides you took as kid with your friends? Let the feelings of nostalgia return and bring a smile to your face.
- 6. You can indulge your sweet tooth.** Craving a cookie at lunch? If you're biking to and from work at a moderate pace for 30 minutes that's reason enough to indulge a little! Our [smartTRIPS trip tracker](#) counts your burned calories as well as your distance.
- 7. It's good for the environment.** We live in the beautiful Okanagan. Less vehicle emissions means less air pollution. That's a breath of fresh air for everyone!
- 8. You'll arrive home de-stressed after work.** Ever notice how that fresh air walk seems to clear your mind? Imagine that feeling after getting home from a long day at work and a relaxing (traffic-less!) bike ride.
- 9. You'll have more energy.** Get those endorphins flowing and you may have that extra bounce in your step that even your latte can't give you.
- 10. You can win great prizes.** During Bike to Work Week each year, we have tons of fantastic prizes to give away to reward you for all your commuter efforts!