



**GET ON A  
BIKE!**

**CYCLING IS GREAT FOR  
YOU AND THE  
ENVIRONMENT!**

**Let's go for a ride!**



**Cycling is mainly an aerobic activity, which means that your heart, blood vessels and lungs all get a workout. You will breathe deeper, perspire and experience increased body temperature, which will improve your overall fitness level.**





The health  
benefits of  
regular  
cycling  
include:

- Increased cardiovascular fitness



- Increased muscle strength and flexibility





- Improved joint mobility






- Decreased stress levels





- 
- A person is riding a bicycle on a city street during sunset. The person is wearing a red and black plaid shirt, a green t-shirt, and grey shorts. They are wearing a black watch on their left wrist and black sneakers with white laces. The bicycle has a black frame and silver handlebars. The background shows a brick building on the left and a street with other buildings and trees in the distance. The sun is low in the sky, creating a warm, golden light.
- **Reduced anxiety and depression**



- Improved posture and coordination







- Prevention and management of disease



- Strengthened bones







• Decreased  
body fat



Cycling cuts  
down on  
greenhouse gas  
emissions and  
global climate  
change and







reduces noise pollution and congestion



**REDUCES THE  
NEED FOR NEW  
PARKING LOTS  
AND ROADWAYS**





A family of four is riding bicycles on a gravel path. In the back row, a woman with curly hair wearing a green shirt and a man in a yellow shirt are riding. In the front row, a young girl in a pink shirt and a boy in a blue shirt are riding. All four are wearing helmets and smiling at the camera. The background is a lush green hedge.

**INCREASES CONTACT  
WITH YOUR  
NEIGHBORS AND  
COMMUNITY!**





On average, it costs \$6,000-\$8,000 per year to own and operate a motor vehicle. It only costs \$150 per year for a bicycle.

Walking is virtually cost-free.



Enjoy scenic  
bike paths in or  
near your  
community.







- When you can, try choosing cycling for errands, short trips or as part of your commute.





Every time you ride a bike, you can benefit your own health, the environment and support this green mode of transportation.





HAPPY  
and  
SAFE  
CYCLING!

For more information on cycling, safety tips and related programs, go to [hudsontma.org](http://hudsontma.org)