



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.



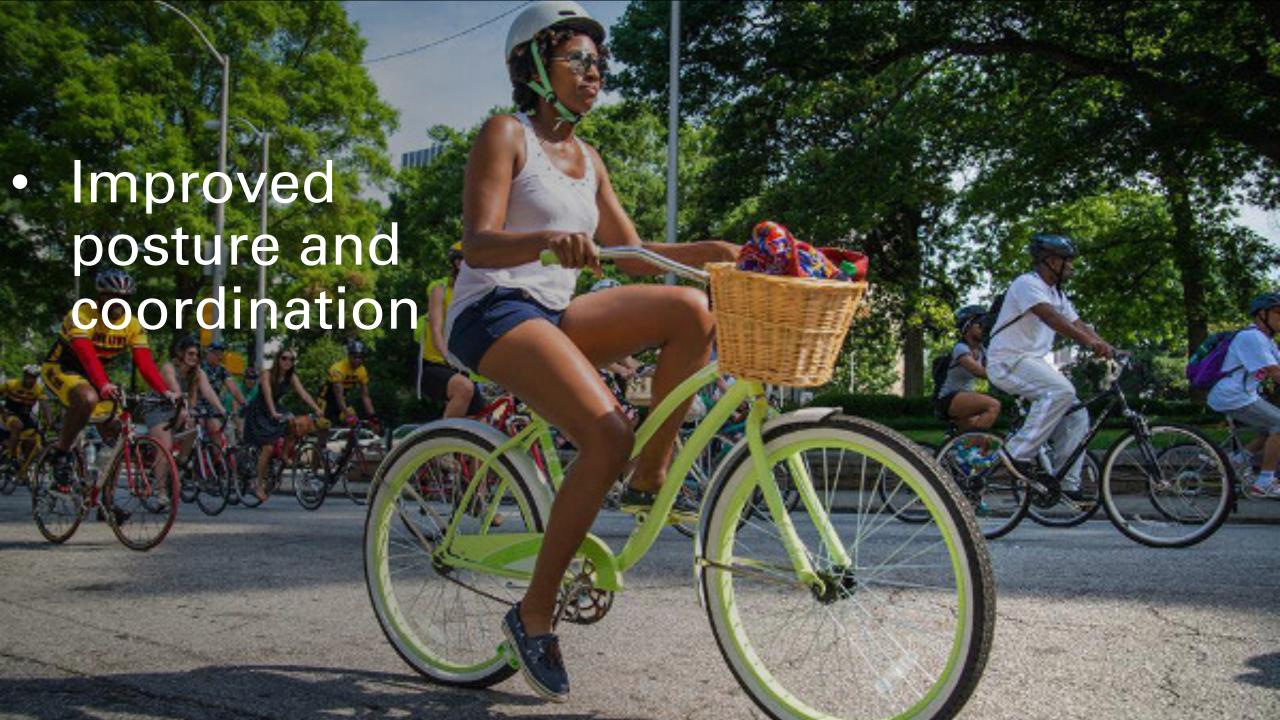
Increased muscle strength and flexibility













Prevention and management of disease





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





reduces noise pollution and congestion







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