



# Bicycles

## as a healthy means of transport

**Bicycles** are the perfect way to get around on short trips that are further than you could comfortably walk, whether to and from work or in your free time. Or even for longer distances, when combined with other means of transport such as the metro, train, bus, tram and so on.

### WHAT BENEFITS DOES GOING BY BIKE OFFER...

#### ... PEOPLE?

- **Less sedentary lifestyle** - improving lung capacity and strengthening the circulatory and immune systems.
- **Good exercise for your heart** - reduced risk of heart attack, lower blood pressure, bringing LDL cholesterol levels down and HDL up.
- **Less stress** - increased self-esteem.
- **Stronger back and legs** - boosting your lower back and toning your leg muscles.
- **Joint-friendly** - exercise with no jarring impact on your muscles and bones in general. 70-80% of bodyweight rests on the saddle.

- Enhanced corporate social responsibility image, by showing environmental awareness.
- Lower rates of absence: healthier and less stressed workers.
- Improved working climate: cycling reduces tension and anxiety, as an alternative to high-pressure journeys dependent on traffic conditions.

#### ... SOCIETY?

- Less traffic congestion on city streets, and more public space for everyone.
- Lower levels of noise and atmospheric pollution; environmentally friendly transport free of CO<sub>2</sub> emissions.
- Lower risk of accidents for drivers and/or pedestrians.

#### COMPANIES

**“BICYCLES STRENGTHEN YOUR BODY AND SOUL”<sup>1</sup>**

<sup>1</sup>. According to figures from the [Cycling&Health](#) report produced by sports medicine specialist Dr Ingo Froböse, head of the [German Sports University \(DSHS\)](#) health centre in Cologne, Germany.



## TIME SPENT EXERCISING



10 minutes  
20 minutes  
30 minutes  
40 minutes  
50 minutes  
60 minutes

## RESULT ACHIEVED

Stronger joints  
Stronger immune system  
Better cardiovascular health  
Increased lung capacity  
Faster metabolism  
Weight control, stress relief and general well-being

## ROAD SAFETY RULES AND TIPS

As we have seen, cycling offers considerable benefits. It is nonetheless important to remember that cyclists are more vulnerable than drivers in the event of an accident. We therefore advise companies with workers who use this form of transport to put a Mobility Plan in place, detailing safe behaviour so that they can take particular care. The **good practice** associated with such safe behaviour could include the following tips:



1. When buying a bicycle, make sure it meets the **CE safety requirements**.
2. Learn about the **regular maintenance** that your model of bike needs, and have it serviced accordingly. If you use a bike rental scheme, we advise you to check the condition of the wheels, brakes and lights before setting off.
3. Wear a **helmet** and **hi-vis vest**, along with any other protective equipment to avoid harm if you fall off, such as knee and elbow pads, and even gloves.
4. **Avoid carrying loads** that could destabilise you and/or hamper your vision.
5. Ride carefully and **act sensibly**. Avoid sudden turns, and don't zigzag between vehicles. Don't use your mobile phone and/or headphones while cycling.
6. Always ride along **suitable tracks and areas**, respecting the local speed limits and rules of the road.
7. Never cycle when under the effect of **alcohol and/or other drugs**.
8. Remember that **cycle paths** are meant for you, but pedestrians always have priority and may not hear you approach, given how quietly bikes move.
9. If the **road surface is bumpy and/or in poor condition**, reduce your speed and avoid sharp turns. Also take particular care when cycling during **poor weather conditions**.
10. **REMEMBER to see and be seen - it is vital to make sure you are easily visible in order to stay safe as a cyclist**. Remember always to **signal** well before you manoeuvre, and to wear **reflective clothing and/or accessories**, both day and night. You should also make **eye contact** with other road users, and avoid placing yourself in their **blind spots**.

**A healthy lifestyle needs to include some moderate physical activity  
(at least 30 min/day, 5 days/week)**

**If you choose to go by bike,  
do so safely!**