## Heath Benefits of BIKING

## Get Smarter

A recent study in Medicine & Science in Sports & Exercise found that people who were active on a daily basis, including those that rode a bike for 30 minutes several days a week, were 31% less likely to develop high blood pressure than others.

Biking boosts brain power,
leading to increased blood flow to stimulate
different parts of the brain, and the quick
navigation and responsiveness needed to cycle
means more blood to those parts of your brain.

Percent studies showed that everyise stayes Recent studies showed that exercise staves off Alzheimer's and helps kids better control ADD.

One study showed that Tour de France riders lived on average to be 81.5 years, which is a 17% increase over

the life expectancy of the general population at 73.5 years. As an added bonus, they spend those extra years touring the world via bike.

Biking instead of driving means you are not emitting harmful emissions and pollutants from your car's tailpipe. A 10-mile round trip commute for a year can save up to 170 gallons of gas and 1.9 tons of CO2, a harmful greenhouse gas.



You burn 43-53 calories per mile while biking.

Be Cooler

A study by the British Heart

Foundation showed that cyclists were perceived as 13% more intelligent and cooler than the average joe, and 23% said cyclists were more attractive than



