

June 2022 Environmental Celebration **World Bicycle Day – June 3rd**



The United Nation designated June 3rd to be World Bicycle Day.

Why should we celebrate the bicycle?

- Moderate activity like bicycling significantly benefits the physical and mental health of people of all ages.
- Bicycling is an affordable mode of transportation, at the same time it reduces the risk of heart disease, stroke, diabetes, and other life-threatening illnesses.
- The World Health Organization considers cycling a pathway for achieving health equity.
- Cycling is a sustainable alternative to driving; it reduces the use of fossil fuel as well as the emissions of hazardous air pollutants and greenhouse gases.

Bicycling Safety

- Bicyclists must travel in the same direction as the traffic and ride as far to the right as possible. When possible, travel on designated bike lanes.
- Watch out for cars backing out of the driveways when biking in a residential neighborhood.
- Obey all traffic laws.
- Be visible, wear bright color clothing during daylight, and use light and reflective gears when riding at night.
- Invest in a good helmet and wear it all the time when you bike.
- Don't wear loose clothing that can be caught up in the bicycle chain.

Take Action

- Commit to leaving your car at home and biking at least one day a month.
- Commit to making short distant trips on a bike instead of drive.