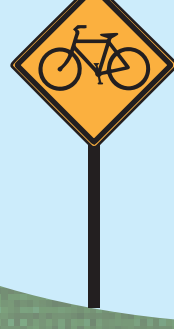


Travel on Two Wheels

When done safely, biking can be a great way to get around, from running quick errands to commuting to work. Best of all, biking is healthy for you and the environment. **Consider downsizing from four wheels to two.**



Brought to you by:



Explore NorthShore University HealthSystem's list of the healthy benefits of cycling & tips for how to do it safely.

Benefits

A Healthier You



People who bike for 30 minutes, 5x a week have stronger immune systems. On average, bikers take **1/2** as many sick days as inactive people.






Studies have shown that regular cycling can decrease risk of heart disease by **50%**.

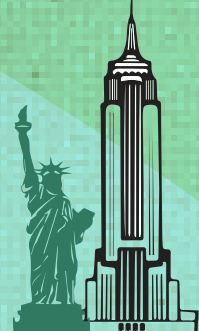


700 calories are burned (give or take) by a 175 lb. person biking moderately for an hour. That's equivalent to almost **4** slices of pizza.

A Healthier Earth

Total Carbon Emissions by Mode of Transportation per mile, per passenger

-  **0.46** oz CO₂
-  **5.9** oz CO₂
-  **2.2** oz CO₂



If 10% of NYC commuters biked to work instead of driving 1x a week, it could save **120** million pounds of CO₂ emissions per year.



A San Francisco study showed that local greenhouse gas emissions would fall by **14%** if residents used bikes (rather than cars) an additional 18 minutes a day.



If more Chicagoans used bikes to commute, it would decrease the tailpipe emissions from trucks and cars that currently account for **1/2** of the city of Chicago's air pollution.

Safety Tips

Bike Helmet 101

Helmet should fit snugly and not move from side to side.

85% of critical head injuries could be prevented by wearing a helmet.



Helmet should stop roughly one inch above the eyebrows.

A helmet prevents a head injury approximately every **4 minutes.**

Chin strap should be buckled and rest against chin.

75% of child bike fatalities could be prevented by wearing a helmet.

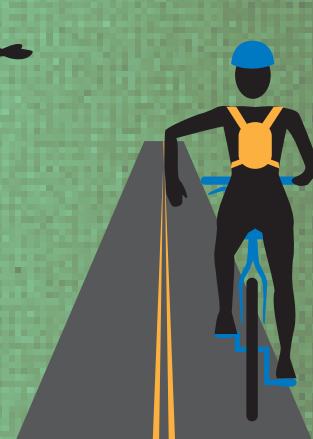
Learn the Signals



Left
Turn Signal



Right
Turn Signal

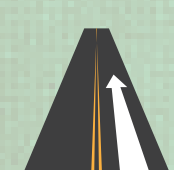


Stop
Signal

The Rules of the Road



Follow all lane markings, traffic signs and traffic signals.



Ride in a single-file line with the flow of traffic, never against it.



Before turning on streets or at intersections, look both ways.



All cars have blind spots. Use hand signals to be safe & wear bright clothes.

Sources

- northshore.org
- bikesbelong.org
- cyberdriveillinois.com
- thinkfirst.org
- bikeradar.com
- calorieking.com
- cityofchicago.org