

# Lex On The Move | Bike

## Active commuting is good for our environment, our bodies and our minds.

We've joined a citywide initiative to encourage Lexingtonians to step up and find healthier, greener ways to get around town. The challenge takes place in October so we're asking you give a new ways to work a try. Switch gears this month - bike, walk, hop a bus, or buddy up and share a ride with a co-worker. Any trip you take that avoids the car counts. Simply keep track and report in at the end of the month.

**FACTS:** 30% of all trips we make are two miles or less – a distance than can easily be covered by a 10-minute bike ride. Lexington now has more than 100 miles of bike lanes and shared use trails.

**GOOD NEWS!** A study found that biking to work burns as many calories as spending 40 minutes at the gym five days a week. As a bonus, you don't have to pay for a gym membership!

## Benefits of Biking to Work

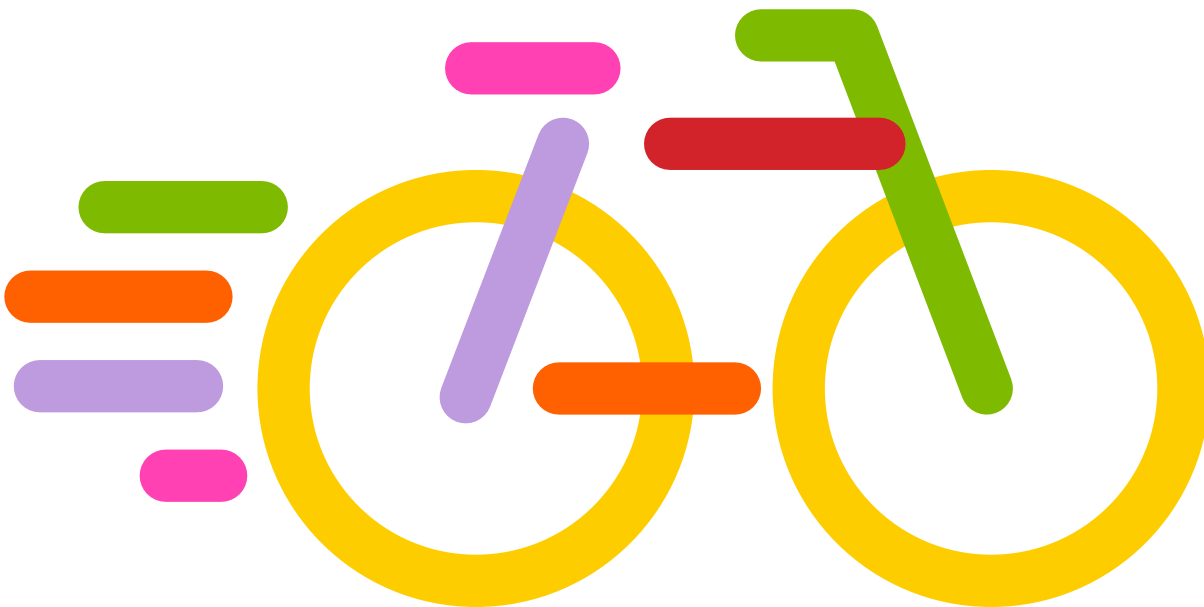
1. Improved fitness.
2. A boost for your mood! Enhance wellbeing.
3. Increased productivity.

4. Fewer health problems. Active commutes have proven to reduce the chances of developing diabetes, high blood pressure, high cholesterol and coronary heart disease.
5. Lower anxiety and depression.
6. More time for yourself. Incorporating exercise into your commute to work might mean you can skip a trip to the gym.
7. Save money on gas, parking and wear on the car.
8. An excellent time to organize your mind and gather your thoughts.
9. Environmental benefits. You are reducing traffic congestion and pollution. Air pollution is linked to millions of pre-mature deaths every year. 75% of air pollution in our cities is caused by motor vehicle fuel combustion.
10. Increase blood flow, release endorphins and reduce overall stress.

For Tips and Resources check out these links:

Safe Riding Tips: <https://www.bikeleague.org/content/smart-cycling-tips-0>

Bike Friendly Route Map: <http://lexareampo.org/wp-content/uploads/2018/04/BikeLexMap.pdf>



## 10 Tips for First-Time Bicycle Commuters

1. Practice Cycling: If you haven't been on a bike in years, the first step you should take before riding around town is simply getting comfortable on your bike.
2. Check your bike: Give your bicycle a good once-over before you take it out on the road. Clean the chain, put air in the tires, and make sure the brakes are working properly.
3. Find somebody to ride with: Finding a more experienced rider to tag along with can be a great way to beat those first ride jitters. Contact us and we'll ride with you!
4. Plan ahead: Look for a map of bike lanes and paths in your community and plan a route that will have you spending as much time as possible in bike lanes or bike routes on low traffic roads.
5. Be space aware: Be cognizant of other cyclists, pedestrians and vehicles around you. Yield to pedestrians at crosswalks, shoulder check before turning, and mind the turn signals of cars in front of you as you approach intersections. Pay special attention to staying out of the blind spots of motorists.
6. Use alerts: Pass on the left, and use a bell to alert other cyclists and pedestrians that you are about to pass them. You can also say "passing on the left," if you don't have a bell.
7. Follow the rules of the road: Bike in the direction of traffic and obey traffic lights.
8. Use hand signal: Biking in a predictable manner can go a long way to keep you safe on the road.
9. Make yourself visible: Use bicycle lights when riding at night to be more visible to other road users.
10. Have fun: While cycling in the city needs to be approached with the same degree of precaution that any form of transportation should, it shouldn't be a stressful experience. Cycling is safe, healthy and importantly, fun!



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