

## **IMPROVES PHYSICAL FITNESS**

Bike riding is a social, effective low impact form of exercise that can be part of a fitness or weight loss program.

## **SAVES MONEY**

Commuting by bicycle is an effective way to offset the soaring price of fossil fuels and save money by leaving your vehicle at home.

## **REDUCES POLLUTION**

Riding a bicycle produces no air or noise pollution, making your environment a much healthier place to enjoy.

# **BIKE to WORK WEEK**

**May 12 - 16,  
2008**

**HEALTHYSD.GOV**

*Live Better. Grow Stronger.*

