

## Healthy Measures: The benefits of cycling

For many, bicycles are just a part of childhood memories. However, they have stood the test of time and are now considered the greenest vehicle because they are part of a sustainable and eco-friendly lifestyle. Of course, cycling is also good for your health.

Fast facts on cycling:

- Causes less strain on the knees and ankles as compared to other activities such as running
- Can help reduce stress levels
- For just 15 minutes five times a week, burns off 11 pounds of fat a year and meets requirements for reducing health risks
- Reduces the costs associated with collisions, as cyclists are less likely to injure other road users in collisions than automobiles
- Research shows there is "safety in numbers" suggesting that an increase in the percent of trips made by bicycle will also make cycling safer
- Routes in York Region are illustrated in the first Regional Cycling Map available at: [www.york.ca/cycling](http://www.york.ca/cycling)

Check out the [Going somewhere? go cycling!](#) pamphlet for more information.

**For more information on physical activity call York Region *Health Connection* at 1-800-361-5653 or TTY: 1-866-252-9933.**

**Healthy Measures: Eat Well, Be Active and Be Yourself!**