



## **Bike to Work Week May 29 – June 4, 2006**

### **10 Reasons for employers to participate in Bike to Work Week**

#### **Active employees are:**

- 🚲 More positive.
- 🚲 More productive.
- 🚲 Happier and healthier.
- 🚲 Less stressed in the workplace.
- 🚲 Have lower absenteeism and turnover.

#### **The employer:**

- 🚲 Saves on benefits costs for active employees.
- 🚲 Encourages a cleaner environment (less consumption of fossil fuels).
- 🚲 Sets a good example for active living.
- 🚲 Can also bike to work and join in the fun.
- 🚲 Improves chances of winning a Bicycle Friendly Award.

### **10 Reasons for employees to participate in Bike to Work Week**

- 🚲 It's fun.
- 🚲 You can win great prizes.
- 🚲 You'll feel like a kid again.
- 🚲 Get fit while getting to work.
- 🚲 You'll have more energy.
- 🚲 You'll sleep better at night.
- 🚲 Easy way to achieve a healthy weight.
- 🚲 You can eat more of those healthy choices.
- 🚲 It's good for you – builds stronger muscles, bones, heart and lungs.
- 🚲 Save money on parking and gas.
- 🚲 Everybody looks good on a bike.