

### *A Guide to Promoting Active and Alternative Transportation in the Workplace*

Bicycling can be one of most pleasant ways to commute to work. Rather than creating stress while driving to work, the exercise actually relieves stress. Many trips are short and bicycling is an ideal mode for short trips. Bicycling is also great for your health. According to a study by the advocacy group, Transportation Alternatives, 80 percent of bicycle commuters improve their heart and lungs in eight weeks.

### **Tips for Riding Your Bike to Work**

1. **Gear up.** Get your bike checked out and tuned up if it's been awhile since you've ridden it.
2. **Select a route.** Try the bike map online or consult a detailed map.
3. **Take a short cut.** Pedal as far as the bus or rail stop, then store your bike or take it on board.
4. **Consider a bike buddy.** It can often be safer to ride as a pair and it's more fun. Apply online for a list of cyclists that live and work near you.
5. **Do a test run.** In your car, drive the bike route and look for things like wide lanes, bike lanes, and traffic flow.
6. **Learn the rules of the road.** A bicycle is a vehicle and you should follow the rules.
7. **Put safety first.** Buy a helmet approved for bicycling and wear it.
8. **Assess your fitness level.** If you haven't had much exercise lately, you might want to check with your physician before you ride.
9. **Talk to your Supervisor.** If you need to use flexible scheduling to accommodate your commute to and from work, talk to your supervisor and work out a plan.
10. **Bike to work!** Bicycling takes about the same amount of time as driving a car to work if you live within 10 miles of work

For more information about Active Transportation, visit [NashVitality.org](http://NashVitality.org).