

## Background

- Air pollution from transportation causes significant health problems, including asthma, bronchitis, heart attacks, and cancer
- The United States, with just 4 percent of the world's population, generates 25 percent of the planet's greenhouse gases
- Walking and bicycling contribute to mental and physical health, and help to keep the environment clean
- Cycling is a low-impact form of exercise, with a low impact on the environment



## Benefits

Cycling is good exercise: in 10 miles, you could burn up to 2,000 calories.

Save on travel expenses: on average, a car costs \$6,150 per year to maintain.

Reduce the demand for new roads and paving the earth.

Eliminate noise pollution.

Discover a healthier lifestyle.

Meet your neighbors and build relationships with other cyclists.

Become a leader in your community.

## What You Can Do

- Invest in a bike, helmet, and hazard lights for the front and back of your bike
- Determine the safest route to work or school, and when you'll need to leave your home in order to get there on time
- Avoid major highways and intersections if you can
- Encourage others at work or school to commute with you



## About

### My Green Doctor

Traveling to work, whether by car, bus, or other means, is a big expense for families and contributes to air pollution. The Green Doctor Office Program aims to design office responsibilities to minimize transportation costs, and encourages wise transportation and commuting choices.

## Sponsored By:



**FloridaMedical**  
ASSOCIATION

P.O. Box 10269 | Tallahassee, FL | 32302  
1430 Piedmont Dr. E. | Tallahassee, FL | 32308



**Clarence Kugler**

UNF MPH Candidate  
Health Education and  
Promotion Strategies



Health. Conservation. Travel.

# Benefits of Bicycling

What You Can Do.

