

# The Benefits of Bicycling

*Bicycles have zero emissions*

*It puts a big smile on your face*

*Riding gets you in shape*

*It's faster and easier than walking*

*Riding slows climate change*

*It's as quiet as a mouse*

*You can carry all your goodies*

*Cycling helps us all breathe easier*

*No need to pay for gas, parking, or auto insurance*

*Riding feels like flying*

*Riding helps your heartbeat*

*Whiz past traffic jams*

*Riding a bike gives you legs of steel*

