



Bike To Health



HUB works to make cycling an attractive choice for everyone in Metro Vancouver through education, action and events. We offer people the skills and confidence to cycle or cycle more and we encourage decision makers to create safe cycling infrastructure. To learn more, please visit bikehub.ca.

Health Benefits of Cycling

Everyone has heard that exercise is good for you. HUB believes that cycling is one of the most accessible and practical forms of exercise, which adds not only to an individual's physical and mental health but also offers many other benefits to our communities.

With more people cycling

- Air and noise pollution is reduced
- Traffic is less congested
- Our communities are safer

Cycling for daily trips creates healthier, more connected people and communities. Cycling offers a unique solution to the need for exercise since it also gets you from point A to B. While getting to work, or picking up a few groceries, you are also getting your Daily Dose of Disease Prevention. Even a little bit every day helps. Most short distance trips by car can be done on a bicycle. There is great potential for increased health for so many with cycling.

Take one ride,
twice daily
or as required



Side effects include:
Increased happiness,
reduced stress,
weight loss,
long life

Regular exercise reduces the chances of suffering from many diseases including

- Heart disease
- Diabetes
- Some mental illnesses
- Some cancers

While not everyone can ride a traditional bike, innovations like electric assist bikes and adult tricycles have made cycling more accessible than ever before. Increasingly safe cycling infrastructure has greatly reduced the amount of traffic to contend with. It is a great time to bike.

The impact on the health care system of more British Columbians riding bikes more frequently is immeasurable. Not only would a significant increase in cycling reduce traffic jams and contribute preserving our environment, but general population health would be improved. Preventative health is also more cost-effective than reactive health care, which is BC's fastest growing expense.

What We Can Do Together

HUB calls on the health care profession to lead by example, and we offer a variety of HUB's services in this endeavour.

HUB's **Bike Friendly Business Program** includes **Bikeability Assessments** that provide customized recommendations for end-of-trip facility upgrades, employee incentives and promotional techniques for organizations to encourage employees to cycle to work. Annual **Bike Friendly Business Awards** recognize top achievers.

HUB's **Workplace Cycling Workshops** offer one- or two- hour on-site sessions for groups of employees who receive instruction on the rules of the road, cycling comfort, safety, and bike maintenance.

HUB also offers more intensive **Streetwise Cycling Courses** at local community centres.

HUB **Bike to Work Week** is held in spring and fall, using events, friendly competition, and online interactive tools to encourage people to start riding to work and to celebrate those that already do. Over 8000 people have reported that Bike to Work Week motivated them to try biking to work for the very first time, and many continue to cycle commute long afterwards.

The trip to work is the most repeated and habitual trip for most people. Shifting it to an active mode of transportation like cycling can contribute significantly to recommended amounts of daily exercise. HUB's Bike to Work Week, therefore, could be a great opportunity to encourage health care employees and clients to try cycling for commuting for the first time.

Through these different courses and programs, HUB is making cycling more accessible and attractive. We invite health care professionals to work with us to contribute to improving the health of British Columbians, and use preventative health measures that are much more cost-effective than reactive health care.

Doctors and other health practitioners often address lifestyle issues and try to encourage healthy choices which include regular exercise. At HUB we envisage medical professionals prescribing cycling as way to improve patient health. With funding in place, doctors could offer patients a voucher for a free or subsidized **Streetwise Cycling** or **Learn to Ride** course, and they could post promotions for motivational events like **Bike to Work Week** in their waiting rooms and patient areas.

HUB can help to get more health care professionals and employees cycling. These people can then act as role models and can present cycling to their patients/clients as a great way of obtaining health giving exercise.

To learn more about this and opportunities for collaboration please contact us:

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