

Benefits of Riding to Work

HEALTH SOLUTIONS

National guidelines recommend at least 30 minutes of moderate physical activity on most, preferably all, days for adults [i].

FACT: Riding to work or to the shops is one of the most time-efficient ways to incorporate regular exercise into everyday routine. You can get your daily exercise done without having to spend extra time or money at the gym.

Physical inactivity is a major health risk factor comparable to smoking and poor diet.

FACT: Riding to work immediately increases a person's physical activity. Importantly, the simple act of riding your bike can burn between 750 – 1000 calories an hour, which helps both your health and fitness.

Additionally, cycling can help reduce the risks associated with physical inactivity including type 2 diabetes, breast and bowel cancer, obesity and depression.

ENVIRONMENTAL SOLUTIONS

Australia with cars alone contribute to 54%^[ii] of Australia's total transport emissions

FACT: Cycling is a zero emission form of transport. Cycling just 10km each way to work instead of driving saves 1.3 tonnes greenhouse gas emissions each year; that's equal to 26,000 black balloons ^[iii]

Working Australians can reduce carbon emissions by one million tonnes^[iv]

If 1 in 10 of Australia's working population cast aside their cars and take to the bike for their weekly commute - a million tonnes of carbon can be saved.

BUSINESS SOLUTIONS

Businesses that encourage staff to cycle to work benefit from increased productivity as a result of improved fitness and mental health.

FACT: Staff who cycle are more punctual and take less sick days due to improved health. Absenteeism can be reduced by up to 80% by encouraging cycling to work ^[v].

Healthy employees are more efficient and productive.

FACT: Organisations profit from their investment in cycling strategies. The UK Traffic Advisory Unit found that organisations that implemented cycling strategies received a return between \$1.33 and \$6.50 for every \$1 spent in cycle promotion, resulting from increased productivity ^[vi].

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LIFESTYLE SOLUTIONS

An average Australian household spends around \$8,000 each year on transport, of which \$2,500 on average is for fuel^[vii].

FACT: By cycling to work instead of driving, it is possible to save around \$50 a week through a reduction in parking, fuel and vehicle maintenance costs.

Peak-hour city trips up to 10km are often faster by bike than any other form of transport, door to door.

FACT: A 5 to 10 km ride to work will only take 15 to 30 minutes on average.

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[i] Department of Health and Ageing, www.health.gov.au, Building a Healthy, Active Australia initiative

[ii] Department of Climate Change, Transport Sector Greenhouse Gas Emissions Projections 2007
www.climatechange.gov.au/Projections/pubs/transport2007.pdf

[iii] [vii] Australian Greenhouse Office, Global Warming: Cool It! Transport
www.environment.gov.au/settlements/gwci/transport.html

[iv] Calculated on One tonnes saving per person (300g per km for a mid-size vehicle x 10km x. return trip x 48 weeks x 3.5 days = 1.080 tonnes)

[v] [vi] Travel Smart Australia, www.travelsmart.gov.au, Travel Smart Employers Kit, 2003

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