

PEDAL POWER

From Audrey Hepburn to Agyness Deyn, everyone who's anyone gets around with the wind in their hair. ↙

1. BECOME FITTER THAN FERGIE

Okay, slightly misleading headline. Realistically, to get more ripped than The Duchess you'd need to hire Rocky as your personal trainer and stock up on the protein shakes – but for an easy breezy kind of fitness that will help you skip through fields and keep up with the boys in frisbee games, bikes are where it's at. Cycling is an awesome type of aerobic exercise that tones your calves, thighs and bum, while burning through fat like a pyromaniac in chemistry class.

2. EARTH LOVE

Pollution from cars burns through the ozone layer, which in turn fries the world. Total bummer. However, the only negative by-product from bikes is the odd bit of noise pollution when you're pushing up a tough hill and accidentally let out a few little swear words now and then (oops). Apart from that, bikes are

totally pollution free. The only things that will be burning are your legs as you work off last night's ice-cream sundae.

3. RELEASE YOUR INNER SPORTIF

"Sportif." It's French for "gorgeous athletic chick" (well, kinda). In any case, those belle Parisians have been getting around looking très chic on "velos" (bikes) since forever. Fashion houses have cottoned on

to the trend, with Chanel, Issey Miyake and Cynthia Rowley all sending bikes down the runway in recent shows. So, how do you adapt your outfit for biking? Just throw on a pair of tights, skinny jeans or shorts under your skirt and team with cute sheakers or thongs. You can always change your shoes and pants when you reach your destination (that's why we love oversized handbags).

4. FIRST DATE AWESOMENESS

Forget awkward conversations over coffee in fluorescent-lit malls (no one looks good under those lights) – it's much more cinematic to spend your first date flying down hills at high speed, or exploring your local park in search of the perfect place to watch clouds. A wheel-ed date gives your guy a chance to show off some of those moves boys seem to be born knowing, like wheelies and pedalling along without holding the handlebars. Ask him to teach you some easy tricks, then challenge him to a race. The loser has to make the first move...

5. FASTER THAN WALKING (DURR)

Let's not forget why bikes were invented in the first place. Sure, it's nice to smell the roses and all

that, but sometimes you gotta get somewhere fast. Like when your bestie's been dumped and you need to make an emergency Tim Tam delivery. Or when you get a text saying your crush is at the park surrounded by flirty girls from another school. Rather than explaining the situation to your folks, simply jump on your trusty two-wheeled steed and get to it, independent woman style.

Massive bike bonus – no need to beg the pearz for a lift! *sigh of relief*

Celebs With Sweet Bikes

- * Napoleon Dynamite
- * Hilary Duff
- * Chloe Sevigny
- * Lindsay Lohan
- * Jessica Biel
- * Kate Hudson
- * Naomi Watts
- * Miley Cyrus

5
Reasons
to Pedal
Push

