

B'More bike—friendly:

5 reasons why employers should love bicycle commuters

1. Biking solves parking issues.

Employee parking costs space and money — the average vehicle commuter spends **\$720** per year on parking costs. Installing a rack for 12 bikes costs **\$1,300**, while creating one vehicle parking space is between **\$3,300** and **\$8,300**.

2. Biking reduces health costs.



Healthy employees mean reduced healthcare costs. Bike commuters lose an average of **13 pound** in the first year from exercises that strengthen the back, core and all-over muscles. Meanwhile, non-cyclists take **2** more sick days per year than cyclists.

3. Biking strengthens work relationships.



Bicycling helps employees bond and strengthens teamwork. Better teamwork means better productivity.

Looking for a way to get your employees interested in commuting by bicycle?



- Appoint a bike coordinator
- Organize a Bike to Work Day event
- Provide bicycle facilities



4. Biking sharpens the mind.

Exercise helps maintain mental agility, according to a report from the Baltimore Longitudinal Study of Aging. Productivity, too, increases by **4—15%** for physically active people, while work errors decrease by **27%**.



5. Creates more free time and increases punctuality

Bicyclists and pedestrians may arrive at work more invigorated than those who commute by automobile. Cyclists, too, are more likely to arrive at work on time as they are less likely to be held up in automobile traffic.

Join us for
**Bike to Work Day on
Friday, May 15!**

Register a convoy at one of **30** Bike to Work Day event locations around the region. For more information, visit bike2workcentralmd.com!