

TODAY



Why use a bike ?

« Today » we are going to speak about bikes and why to use them! For what ecological and economic reasons should we use them? How do they contribute to our well-being and help us be fit ? Let' s discover the bike phenomenon in towns...



WHY USE A BIKE ?

Because it' s fast and efficient :

To ride 5 km ,the bike is the fastest mode of travel and it stops car park problems.

Because it' s economical and reliable :

A bike costs less than 180 € per year .Today ,the average price of a city bike is 300€. With walking ,the bike is the most punctual means of transport because we don' t have any traffic problems.

Because it' s ecological , healthy and nice :

The only energy we have to use is ours. No fuel is used and no pollution emitted. It' s a great way to keep fit!In Europe the average bike ride corresponds to the physical activity recommended by the World Health Organisation. Besides riding a bike is good to enjoy the view and the architectural heritage of our towns.

Not really dangerous :

Urban accident statistics demonstrate that using a motorcycle is really dangerous .But using a bike is 8 times less dangerous because cyclists never go too fast.

Why is it useful ?:

The vast majority of cars work with oil today .It' s a raw material which humans have used for a long time and which is being depleted rapidly .Therefore ,reducing car trips and using the bike or public transport ,means using less petrol ,so savingfossil fuel.

Last but not least, at a time when the population is becoming more and more obese , riding a bike to work will help you do some exercise ,and it' s very good for the cardiovascular system.Actually a cyclist burns 34 calories per kilometer on average

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