

# 25 Good Reasons To Ride Your Bike

1. **Cheaper than driving** – eliminates paying for gasoline, lower bike maintenance costs
2. **Better for the environment** – lessens air pollution and conserves natural resources
3. **Promotes self-reliance** – most bike repairs can be done by bike rider
4. **Less stressful than driving** – helps eliminate road rage
5. **Promotes physical fitness** – enhances cardiac health and muscle tone
6. **Opportunity to connect with nature**
7. **Decreases noise pollution**
8. **Sharpens your senses**
9. **Motivates others to ride bikes** - motorists see a bike rider and think, “I should do that.”
10. **Increases opportunities for human connection with pedestrians and other bike riders**
11. **More convenient parking** – all you need is a bike rack, a tree or a sign
12. **Allows you to get off the beaten path** and explore areas you can't in a car like woods, trails, parks
13. **Saves time by letting you take more direct routes** – cut through narrow passages, ride on sidewalks in the opposite direction on one-way streets, bike around traffic congestion, etc.
14. **Eliminates driving distractions** like radios, cell phones, etc.
15. **Promotes weight control**
16. **Fosters a sense of accomplishment**
17. **Increase support of local businesses** like bike shops
18. **Minimizes harm to wildlife**
19. **Spend time with friends and family**
20. **Promotes greater absorption of Vitamin D** from spending more time in the sunshine
21. **Allows you to connect with your thoughts**
22. **Makes you more conscious of the Rules of the Road**
23. **Makes you a better driver** when you are driving a car
24. **Makes it easier for you to assist people in a crisis**
25. **Promotes greater environmental activism** by making you more aware of roadway litter

***Can you think of more great reasons? Bike Glenview!***