

Are You Gearing Up for Bike to Work Week June 2-8?

The Health Unit is working with the Brockville Cycling Advisory Committee to promote Cycling and Physical Activity. **June 2nd to June 9th** has been designated as the Bike to Work Week for Leeds & Grenville and Lanark this year.

During this week, several workplaces and individuals are participating by cycling to work and blogging about their experiences. A Facebook page has been launched for people (called: Bike 2 Work Week June 2-8, 2013):

- To post photos of themselves "gearing up" or riding to work,
- To get tips and ideas about biking to work,
- To blog about their experiences or
- To challenge other colleagues.

A Bike Health Check will be held on Saturday May 25 at the Health Unit (458 Laurier Blvd, Brockville) from 9am - 1pm. Bike mechanics will be available to check bikes, along with a bike helmet check station and a fun bike rodeo for the children.

We are well aware of the benefits of physical activity for our mental and emotional health. Being outside in nature has also been found to help to reduce stress, anxiety and depression, and to increase concentration and problem solving. Having staff ride their bikes to and from work can help them be more productive, healthy and happy. A good way to have more people biking to work would be to "try it out". Bike to Work Week is the perfect opportunity to test drive this idea.

Plan ahead

- Plan and ride your route before the first day.
- Drop off clothing you will need for the week or carry wrinkle resistant clothing.
- Keep your bicycle well-maintained. Be prepared for repairs.
- Don't over dress. Dress in layers using moisture wicking clothing.
- If your workplace does not have a shower, ride at a casual pace to arrive at work glowing and set a more challenging pace on the ride home.

Be safe

- Be seen - have lights and reflectors.
- Know a safe route that matches your skill and experience.
- Know and follow the rules of the road.
- Wear safe foot wear and an approved helmet.
- Do not use head phones.
- Remember that when you're behind the wheel rather than the handlebars, bicycles are legitimate vehicles on the road
- Watch before opening your door when parking your car
- Leave lots of room when passing a cyclist, and only pass when the oncoming traffic permits
- Cyclists may take the entire lane when it's not safe to try to drive side by side with cars
- "Share the Road" – it's the law

Workplaces participating in this week include: City of Brockville; Leeds, Grenville and Lanark District Health Unit; Proctor and Gamble; Westminster Public School; and Mosaic Massage Therapists. New workplaces from Leeds, Grenville and Lanark are joining every day.

Workplaces wishing to promote the week to their staff can print a promotional poster from the Health Unit website: <http://www.healthunit.org/physact/work/bikingtowork.html>