

## Celebrate Bike to work week June 2 –8th 2014

The Leeds Grenville and Lanark District Health Unit is partnering with the City of Brockville Cycling Advisory Committee to celebrate Bike to Work Week 2014. Active transportation like bicycling is a great way to include physical activity as part of your day. Regular physical activity can help control stress, anxiety and depression as well as build social connections.

Dale Sipple of Brockville Bicycle commutes from her home in Brockville to Heritage Community Christian School in New Dublin. Dale loves her morning 45 minute commute. "I have so much energy for the day". Shenda Duffy who cycles to work at the Brockville General Hospital enjoys the time to relax after work.

With some planning, you can work physical activity in to your commute. Start small by cycling one or two days a week. Remember to have fun and be safe.

### 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.
- If your workplace does not have a shower, ride at a casual pace 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.
- Watch before opening your door when getting out of 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

The Health Unit and the Brockville Cycling Advisory Committee wants everyone to be safe on our roads. Bicycles are considered vehicles under the Ontario Highway Traffic Act, and have the same rights and responsibilities as motorists.

For more safety information, visit: <http://www.mto.gov.on.ca/english/pubs/cycling-guide/pdfs/cycling-guide.pdf> For more tips Bicycle commuting basics from Ottawa: <http://www.gobiking.ca/commuting/>