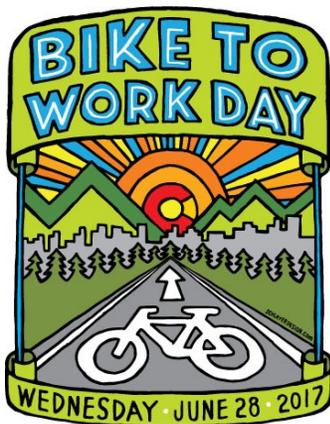


Wellness Tip

BIKE TO WEDNESDAY · JUNE 28 · 2017 WORK DAY



June is **Colorado Bike Month** to celebrate bicycling for transportation, fun, and health! There will be many biking events around the state but you can easily participate in **Bike to Work Day on June 28th**.



Here are some links to help you and your family get out on your bikes this June!

- [Bike Efficiently](#)
- [Bicycling Safety](#)
- [Overcoming Excuses](#)
- [Helpful Links](#)

There are many benefits to biking!

- ⇒ **Low Impact**—causes less strain and less impact on your joints than many other forms of exercise.
- ⇒ **A Good Muscle Workout**— cycling uses all of the major muscle groups.
- ⇒ **Good for Strength and Stamina**— cycling increases stamina and aerobic fitness.
- ⇒ **As Intense as You Want**— cycling can be as hard or as easy as you make it.
- ⇒ **A Fun Way to Get Fit**— You can be inside, outside, or use it as transportation!
- ⇒ **Time-Efficient**— You can get exercise and get where you need to be at the same time.
- ⇒ **Easy**—Cycling unlike other sport does not require you to be physically fit—it is a great place to start!

<https://www.betterhealth.vic.gov.au/health/healthyliving/cycling-health-benefits>



Contact your Wellness Health Educator, Tanner, with any questions or concerns at tkingery@ouraycountyco.gov