Biking to Work

Did you know that biking to work could save you over $8,000? Not only will biking to work make your wallet happy, it'll make your waist line happy too! Biking is a very effective cardiovascular exercise. Now is the best time to start biking to work!

Some tips to get started:
• Practice your route on the weekend when there isn't the stress of a start time.
• Wear a helmet. Always!
• Make sure motorists can see you. Have reflectors and wear bright clothes.
• Take your change of clothes to work the day before.
• Know how you'll "clean up" once you get to work.
• Learn how to change a flat tire.

Source: active.com