

## 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](http://active.com)

This information should not be used as a substitute for medical advice from, or treatment by, your physician.  
Please contact your physician for additional information about your condition.

