



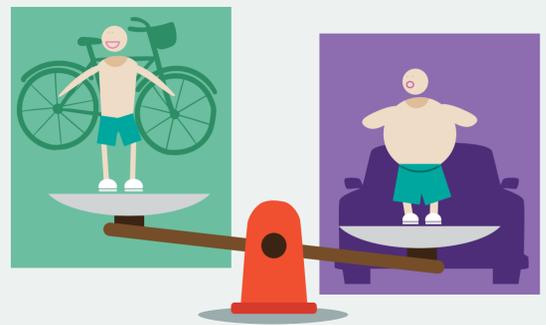
1 LESS RISK OF PREMATURE MORTALITY



REGULAR CYCLING IMPROVES **CARDIOVASCULAR HEALTH** AND DECREASES THE RISK FOR PREMATURE MORTALITY BY 10%

1. SOURCE: KELLY ET AL. 2014. INT J BEHAV NUTR PHYS ACT. 11:1

2 CYCLING COMBINES TRANSPORT WITH THE GYM

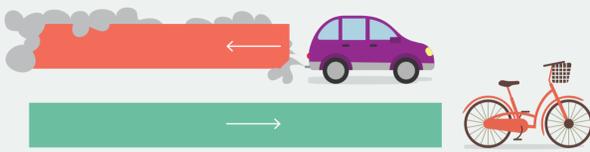


ON AVERAGE CYCLISTS WEIGH 2 KG LESS THAN CAR DRIVERS

2. SOURCE: PASTA PROJECT

3 LESS AIR POLLUTION

A 40% SHIFT FROM CAR TRIPS TO CYCLING IN BARCELONA'S METROPOLITAN AREA



COULD AVOID AT LEAST 28 PREMATURE DEATHS A YEAR DUE TO REDUCED AIR POLLUTION

3. SOURCE: ROJAS-RUEDA ET AL. 2012. ENVIRON. INT. 49:100-109

4 LESS NOISE POLLUTION

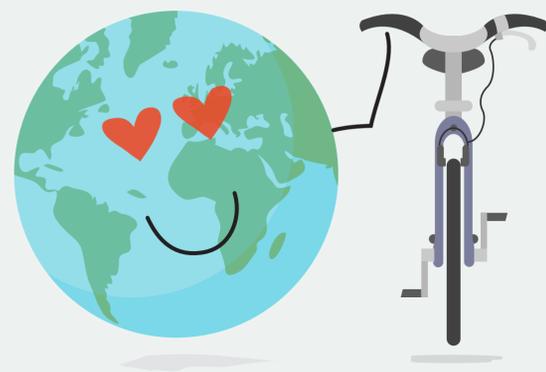


ON CAR FREE DAYS NOISE LEVELS CAN BE REDUCED BY UP TO 10 DECIBELS

4. SOURCE: NIEUWENHUIJSEN & AMP, KHREIS 2016

5 ZERO EMISSIONS TRANSPORT MODE

CYCLING DOES NOT DEPEND ON FOSSIL FUELS AND CAN HELP STOP GLOBAL WARMING

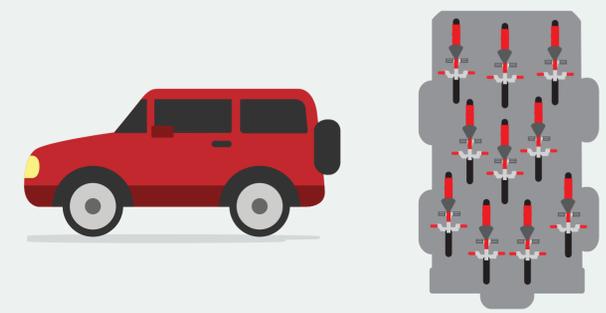


A 40% SHIFT FROM CAR TRIPS TO CYCLING CAN **REDUCE 200,000 TONS OF CO2 EMISSIONS** ANNUALLY IN BARCELONA'S METROPOLITAN AREA

5. SOURCE: ROJAS-RUEDA ET AL. 2012. ENVIRON. INT. 49:100-109

6 MORE PUBLIC SPACE

ONE CAR OCCUPIES THE SAME PARKING SPACE AS 10 BICYCLES



BICYCLES ARE A DOOR-TO-DOOR TRANSPORT THAT CAN HELP AVOID TRAFFIC JAMS AND CONGESTION IN CITIES

7 MORE HAPPINESS!!

ACTIVE TRANSPORT IS ASSOCIATED WITH **BETTER MENTAL AND PHYSICAL WELL-BEING, LESS STRESS AND MORE HAPPINESS!**

7. SOURCE: HUMPHREYS ET AL. 2013. PREV MED. 57(2):135-9



Be healthy. be happy. cycle!!!



FOR MORE INFORMATION, VISIT
WWW.ISGLOBAL.ORG/EN/URBAN-PLANNING