7 WAYS THAT BICYCLES CAN MAKE CITIES Healthier

1. LESS RISK OF PREMATURE MORTALITY
   - Regular cycling improves cardiovascular health and decreases the risk for premature mortality by 10%.
   - 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.
   - 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.

4. LESS NOISE POLLUTION
   - On car-free days noise levels can be reduced by up to 10 decibels.
   - Source: Nieuwenhuijsen & 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.

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!

Be healthy, be happy, cycle!!!

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