

10 reasons why cycling is good for ALL.

Cycling is the solution to a variety of social problems. Maybe that will soon be the biggest car fans and take increasingly the bike! Worth reading article by Seamus Allison, Nottingham Trent University, on the website "The Conversation" (translated and shortened).

- 1) Cyclists help to improve the air.
- 2) They help to reduce traffic congestion.
- 3) They lower the health costs. Exercise makes you less susceptible to chronic diseases. On average, cyclists have the health of people ten years younger than them.
- 4) They strengthen the economy. Investment in bicycle traffic costs five to ten times. The reverse is true of investments in car traffic.
- 5) Cycling improves everyone's quality of life. Studies show that people feel better in places where a lot of cycling is done.
- 6) Cycling helps to fight climate change.
- 7) Cyclists improve safety on the road. Not only the safety of the cyclists themselves increases with more cyclists. A 100 kg bike with driver driving at 20 km / h simply does not have the potential danger of a 1.5 ton car at 30 km / h.
- 8) Cycling improves mental health. Moderate exercise promotes mental health and may also reduce the risk of dementia.
- 9) Cyclists reduce the insurance costs of all car drivers because they use their motor vehicle less often, but receive no direct deduction. Consequently, it subsidizes the premiums of all others.
- 10) They reduce the state costs for road maintenance. Here, too, a subsidization of car traffic takes place.