

RIDE2WORK DAY

Did you know?

2 in 3 Australians don't get enough exercise to maintain their health.
There are over 1 billion bicycles currently being used all around the world.

See several benefits and fun facts of bike riding below!

Improve your health



A regular ride to work can help reduce the risks associated with physical inactivity, including cardiovascular disease, stroke, type 2 diabetes, some cancers, obesity and depression.

Save time and money



Peak-hour city trips up to 10km are generally faster by bike than any other form of transport, door to door. People who ride to work **save from \$6,000 – \$15,000** usually spent on fuel, car repairs, public transport tickets and parking.

Less accidents



A study found almost three-quarters of fatal crashes (74%) in NYC involved a head injury and nearly all bicyclists who died (97%) were not wearing a helmet. **Helmets have been found to be 85% effective in preventing head injury.**

Limit climate change

Every kilometre you ride a bike instead of drive a car saves more than 240 grams of carbon, slowing global warming.

Bicycles use 2% as much energy as cars per passenger-kilometer, and cost less than 3% as much to purchase.

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