May Is Bike Month

BIKE TO WORK
May is the perfect time to bike to work. Biking to work builds moral, encourages camaraderie, and is a great way to get active in your community. Active employees are more alert, take fewer sick days and are more productive. Biking also reduces your carbon footprint, reduces traffic congestion and can save you money. The Health & Wellness Coalition of Wichita is dedicated to promoting physical activity and good nutrition for every generation in the greater Wichita area. Plan now to be a part of Bike Month. Who knows you may enjoy it so much you'll make it Bike Year.

Bike to Work Friday(s)
Plan now to have Bike to Work Friday(s) in May. Provide routes or maps highlighting friendly ways to ride to work. Provide a ride-matching service so that novice cyclists can commute with the experienced bikers. Sponsor “commuter convoys”. Meet at several suburban locations and ride into the city together.

Provide incentives for your employees to bike to work. Get your Bike to Work Friday(s) campaign going by letting everyone who bikes to work "dress down" for the day. You could also provide a refreshment area upon their arrival. How about allowing those that bike to work to come to work an hour later or leave an hour earlier? Also consider hosting a Smart Cycling Class where a bike professional comes in to talk about commuting safely.

E-mail information about your event to the Health & Wellness Coalition of Wichita (debbie.williams@ymcawichita.org) or call Debbie at 264-4066 ext. 221.