

Health Bulletin

NEW YORK CITY DEPARTMENT OF HEALTH AND MENTAL HYGIENE

#84 in a series of Health Bulletins on issues of pressing interest to all New Yorkers

CYCLING NEW YORK CITY

**GOOD FOR THE ENVIRONMENT,
GOOD FOR THE CITY, GOOD FOR YOU**



- Available in Spanish and Chinese: call 311 or visit nyc.gov/health
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NYC
Health



Cycling is booming in New York City.

Join the more than a million New Yorkers who bike.

- More New Yorkers are using bikes to get to work or school — commuter cycling has doubled in the past 5 years.
- A lot of New Yorkers cycle to stay fit — or just to relax and have fun.
- Many New Yorkers cycle because it's a convenient and inexpensive way to get around the city.

New York City is more bike-friendly than ever.

- The city now has more than 700 miles of on-street bike lanes and park space for bicycling.
- Bike lanes make the streets safer for everyone — pedestrians, cyclists and drivers alike.
- New York City has more indoor and outdoor bike parking than ever before.

Cycling is good for the environment and the city.

- More cycling + fewer car trips = less pollution.
- Bicycles take up less space than cars — so more cycling also means less traffic.



Cycling makes you healthier.

Physical activity is good for your health.

- New Yorkers who bike or walk to routine destinations report better overall health.
- Regular physical activity like biking burns calories, improves mood and makes people healthier.
- It helps prevent obesity, diabetes, heart disease, some cancers and many other problems.
- Adults should get at least 30 minutes of moderate physical activity (such as a brisk walk or a bike ride) at least 5 days a week.
- Children and adolescents need at least 60 minutes of physical activity every day.
- You can spread your activity out over the day — biking 10 minutes at a time is fine!
- Biking and other exercise is easiest to maintain when it's part of your everyday life.

Make New York City your gym!

- Use and enjoy the city's hundreds of miles of bike lanes, greenways and parks.
- Cycle to do errands, or get to work.
- Encourage children and teens to walk or bike to and from school.
- Take advantage of New York City's many free or low-cost fitness opportunities (see **More Information**).

Ride safe.

- **Wear a helmet.** Children 13 or younger have to — everyone else should.
- **Ride predictably.**
 - Yield to pedestrians.
 - Obey all traffic signals, signs and pavement markings.
 - Ride *with* the traffic, not against it.
 - Ride on the street, not the sidewalk (except children 12 or younger).
 - Use marked bike lanes or paths whenever possible.
 - Stay off expressways.
- **Be seen and be heard.**
 - Use front and rear lights when traveling after dusk.
 - Use a bell or horn and reflectors.
 - Avoid riding in drivers' blind spots.
- **Ride carefully.**
 - Make eye contact with drivers and pedestrians when riding through intersections.
 - Leave extra room riding near buses, trucks and parked cars.
 - Use hand signals before you turn or change lanes.
 - Don't weave in and out of traffic.
- **Ride alert and aware.**
 - Don't text or talk on the phone while riding.
 - Don't drink and ride.
 - Don't wear more than one earphone — it's best to use none.

And drive safe.

- **Don't speed.** Unless otherwise posted, the speed limit in New York City is 30 mph.
- **Don't drive or park in the bike lane.**
- **Look before you open your door** to see if a cyclist is coming your way.
- **Focus on driving.** Don't talk or text on a cell phone.
- **Never drink and drive.**





More Information and Help

Cycling

- **New York City cycling information:**
nyc.gov/bikes or call 311
- **Bike Smart – The Official Guide to Cycling in New York City**
nyc.gov/bikesmart or call 311
- **New York City Cycling Map:**
free at local bike shops, or call 311
- **Ride the City (online route planner):**
ridethecity.com
- **Bike New York**
(free cycling classes for adults and children):
bikenewyork.org or call (212) 870-2080
- **Biking Rules (a “street code” for NYC cyclists):**
bikingrules.org

Other Fitness

- **BeFitNYC**
(online guide to free or low-cost fitness opportunities — boxing, fishing, hiking, horseback riding, kayaking, soccer and more):
BeFitNYC.org
- **Shape Up New York**
(free adult fitness classes taught by expert instructors at parks and other community sites):
nyc.gov/parks or call 311
- **Walk NYC**
(free all ages walking program — meet at park locations around the city):
nyc.gov/parks or call 311
- **Summer Streets and Weekend Walks**
(street closures for walking, cycling and other activities):
nyc.gov/summerstreets and nyc.gov/weekendwalks



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