



# to work week

## CELEBRATE BIKE TO WORK WEEK

MAY IS NATIONAL BIKE TO WORK MONTH AND ORGANIZATIONS ACROSS BENSENVILLE ARE CELEBRATING BY HOSTING BICYCLING EVENTS! BUSINESSES ARE INVITED TO PARTICIPATE IN BIKE TO WORK WEEK FROM MAY 11-15 OR BIKE TO WORK DAY ON MAY 15.

### Why have a Bike to Work Day Event?

#### IT'S FUN

Biking to work builds morale, encourages camaraderie, and is a great way to get active in your community.

#### IT'S HEALTHY

Active employees are more alert, take fewer sick days, and are more productive.

#### IT'S GREEN

Biking reduces your carbon footprint, reduces traffic congestion, and saves you money.

#### IT'S ADDICTIVE

According to a study by the San Diego Association of Governments, one out of five people who participated in their Bike to Work Day promotion as first-time commuters became regular bike commuters!

#### IT'S EASY

More than half of the U.S. population lives within five miles of their workplace, making bicycling a feasible and fun way to get to the office.

### How to Participate

#### Step 1: Pick an activity

- Use Bike to Work Week to kick off your participation in the [National Bike Challenge](#).
- Promote biking to work from May 11-15th by posting flyers throughout workspaces.
- Host a breakfast for people who bike to work.
- Offer bike commuting incentives—examples include accessories, lights, racks, bags, and gift certificates. Have T-shirts produced promoting the sponsors.
- Or create your own!

#### Step 2: [Register](#) your event.

**Step 3:** [Download](#) a promotional poster for your work space.

**Step 4:** Share your successes by sending us an [email](#).

[B-Well Bensenville](#), a community-wide initiative whose goal is to encourage Bensenville's young people and families to achieve healthier lifestyles by promoting the activities and resources available within our own community, would love to promote the successes of Bike to Work Week events.



**BWELL**



**BENSENVILLE**

**BUILDING A HEALTHY COMMUNITY**