

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
- Disponible en español: llame al 311 o visite nyc.gov/health
- 需要中文服務 - 可電 311 或造訪網址: nyc.gov/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



For copies of any Health Bulletin

All Health Bulletins are also available at nyc.gov/health

Visit nyc.gov/health/email for a free e-mail subscription



New York City Department of Health and Mental Hygiene

Gotham Center, 42-09 28th Street

L.I.C. New York 11101-4134

Michael R. Bloomberg, Mayor
Thomas Farley, M.D., M.P.H., Commissioner

Bureau of Communications

Christina Chang, M.P.P., Interim Associate Commissioner
Cortnie Lowe, M.F.A., Executive Editor and Editor for Special Projects

Prepared in cooperation with:

- Division of Health Promotion and Disease Prevention, Bureau of Chronic Disease Prevention, and the Brooklyn District Public Health Office
- Division of Environmental Health, Bureau of Environmental Disease Prevention

Special thanks to:

- Philip Noyes, M.P.H., M.A., Director of Research, Evaluation & Planning, Brooklyn District Public Health Office
- Deborah Deitcher, M.P.H., Director of Communications, Division of Health Promotion and Disease Prevention
 - New York City Department of Transportation
 - John Midgley and Georgia Kokolis, photography (Courtesy of New York City Department of Transportation, Transportation Alternatives, and NYC & Company)



**CYCLING
NEW YORK CITY**

**DIAL
311**

**For Non-Emergency NYC Services
Telephone Interpretation in 170 Languages**