

# Health Bulletin

NEW YORK CITY DEPARTMENT OF HEALTH AND MENTAL HYGIENE

#80 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, Chinese and other languages: call 311 or visit [nyc.gov/health](http://nyc.gov/health)
- Disponible en español: llame al 311 o visite [nyc.gov/health](http://nyc.gov/health)
- 需要中文服務 - 可電 311 或造訪網址: [nyc.gov/health](http://nyc.gov/health)





## Cycling is booming in New York City.

### More than half a million New Yorkers ride bikes.

- 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 of us, of course, cycle to get around. Cycling New York City is functional. It takes you where you want to go, when you want to go — all for free!

### New York City is more bike-friendly than ever.

- The city has more than 600 miles of on-street bike lanes and park space to bicycle.
- New York City is on track to reach the goal of 1,800 bike lane miles by the year 2030.
- We also have more bike parking outdoors, with new racks being installed.
- And — thanks to the recent Bicycle Access to Office Buildings Law — indoor parking is becoming more available.

### Cycling is good for the environment and the city.

- More cycling and less driving = 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.

- 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 — 10 minutes at a time is fine!
- Exercise, like biking, that you can make a part of your everyday life is the easiest to maintain!

### Getting plenty of physical activity doesn't have to be difficult — especially in New York City.

- You don't have to join a gym or buy a lot of expensive equipment to cycle and be physically active.
- Cycle to do errands. If you can't bike all the way, ride part way and then get on the subway.
- Encourage children to play outside, join a sports team and walk or bike to and from school.
- Take the stairs instead of the elevator or escalator.

- Make use of the city's bike lanes, greenways, parks, playgrounds and summer street closures.
- Take advantage of New York City's many free or low-cost fitness opportunities (see **More Information**).

## Follow the rules of the road.

### Cyclists in New York City must:

- **Yield to pedestrians.**
- **Wear a helmet.** Children 13 or younger have to — everyone else should.
- **Obey all traffic signals,** signs and pavement markings. For example, cyclists must come to a complete stop at red lights and stop signs.
- **Use front and rear lights** when traveling after dusk.
- **Ride on the street,** not the sidewalk (except children 12 or younger).
- **Ride *with* the traffic,** not against it.
- **Use marked bike lanes** or paths whenever possible.
- **Stay off expressways.**
- **Use a bell or horn** and reflectors.
- **Not wear more than one earphone** — it's best to use none.

### Cycle safe.

- **Be especially careful** when:
  - Making turns and going through intersections.
  - Riding near buses and trucks.
  - Riding near parked cars with opening doors.
- **Ride predictably.** Don't weave in and out of traffic. Signal to turn.

### Drive safe.

- **Slow down.** Unless otherwise posted, the speed limit in New York City is 30 mph.
- **Don't drive or park in the bike lane.**
- **Focus on driving.** Don't talk or text on a cell phone.
- **Look before you open your door.** As the driver, use your right hand to open your door, so you turn and see if a cyclist is coming your way.



## More Information and Help

### Cycling

- **New York City cycling information:**  
[nyc.gov/bikes](http://nyc.gov/bikes) or call 311
- **New York City Cycling Map:**  
free at local bike shops, or call 311
- **Bike New York (Learn to Ride)**  
(free safety and learn-to-bike classes for adults and children):  
[nyc.gov/parks](http://nyc.gov/parks) or call 311
- **Biking Rules** (a “street code” for NYC cyclists):  
[bikingrules.org](http://bikingrules.org)
- **NYC Bicycle Safety Coalition (LOOK Campaign)**  
(resources, clubs, maps, shops, safety tips and more):  
[looknyc.org](http://looknyc.org)

### Other Fitness

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

### New York City Initiatives and Special Reports

- **Active Design Guidelines – Promoting Physical Activity and Health in Design**  
(a multi-agency approach to encourage walking, bicycling and active transportation and recreation):
  - 1-PAGE POLICY BRIEF:  
[nyc.gov/html/doh/downloads/pdf/tcny/tcny-active-design.pdf](http://nyc.gov/html/doh/downloads/pdf/tcny/tcny-active-design.pdf)
  - FULL REPORT: [nyc.gov/adg](http://nyc.gov/adg)
- **Take Care New York: A Policy for a Healthier New York City**  
(the city’s comprehensive plan to help all New Yorkers live longer and healthier lives):  
[nyc.gov/health](http://nyc.gov/health) or call 311
- **PlaNYC: for a greener, greater New York**  
(the city’s long-term effort to improve our environment, build our economy and enhance our quality of life):  
[nyc.gov](http://nyc.gov) or call 311

**DIAL  
311**

For copies of any Health Bulletin

All Health Bulletins are also available at [nyc.gov/health](http://nyc.gov/health)

Visit [nyc.gov/health/email](http://nyc.gov/health/email) for a free e-mail subscription

VOLUME 9, NUMBER 5

# Health Bulletin

NEW YORK CITY DEPARTMENT OF HEALTH AND MENTAL HYGIENE

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

## New York City Department of Health and Mental Hygiene

125 Worth Street, Room 1047, CN 33  
New York, N.Y. 10013

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

### Bureau of Communications

Geoffrey Cowley, Associate Commissioner  
Cortnie Lowe, M.F.A., Executive Editor

*Prepared in cooperation with:*

Division of Health Promotion and Disease Prevention  
Bureau of Chronic Disease Prevention and Control, and  
The Brooklyn District Public Health Office

*Special thanks to:*

John Midgley, photography.  
Courtesy of NYCDOT, Transportation Alternatives and NYC & Company



**ICYCLING**  
**NEW YORK CITY**

**DIAL**  
**311**

For Non-Emergency NYC Services  
Telephone Interpretation in 170 Languages