



Cardiovascular health benefits



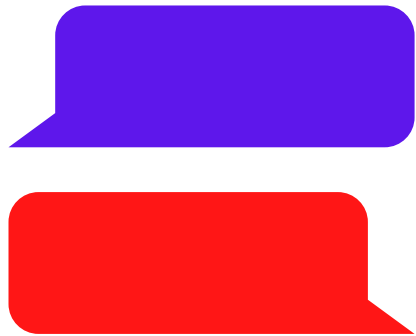
Less air pollution



Live longer!



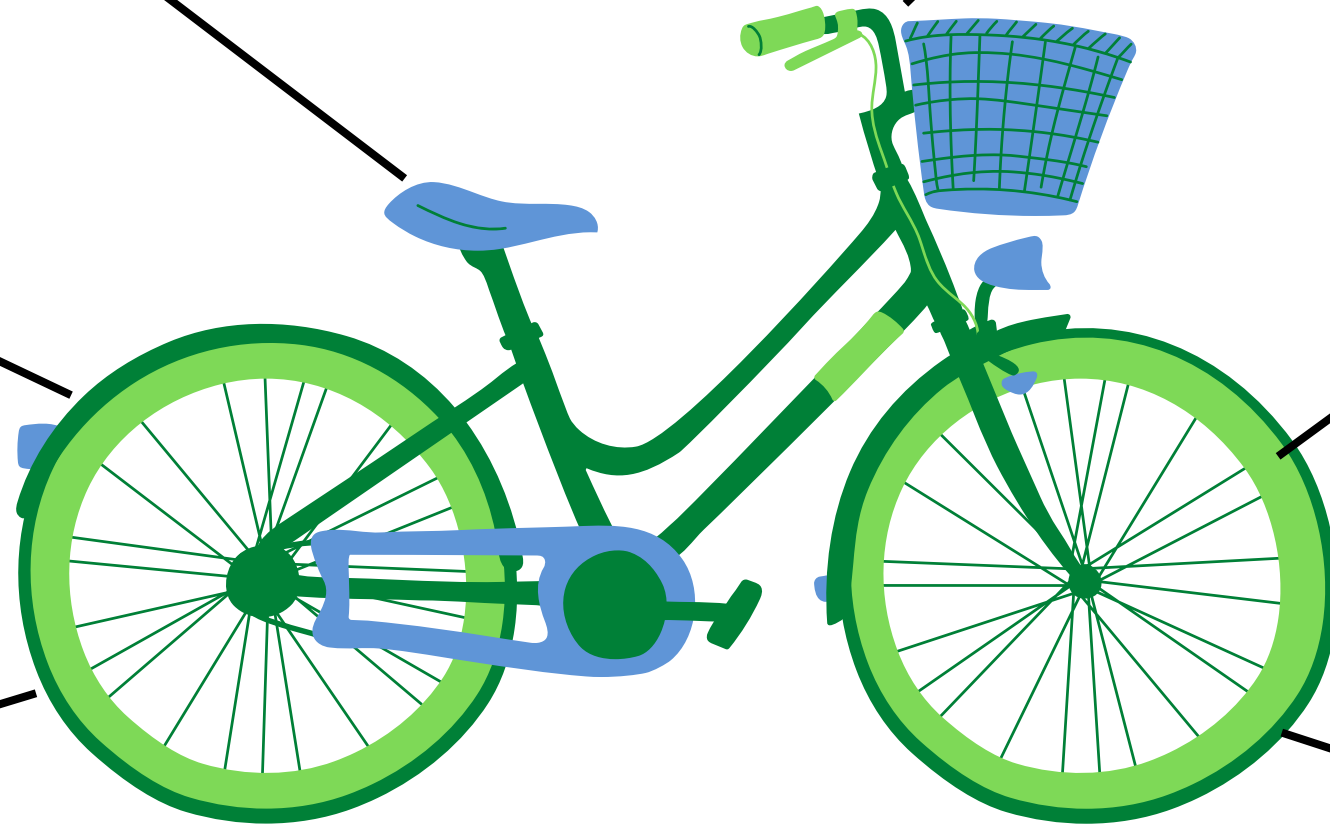
Mental wellbeing



More social interaction



Reduced stress



Cycling Benefits