



MAY IS.... BIKE MONTH!!!

REBECCA TRYON, HHSA
CHRONIC DISEASE PREVENTION WORK GROUP

4/26/2017

MAY IS...BIKE MONTH!

WHO SPONSORS THIS CAMPAIGN?

- This national campaign is supported locally through the Sacramento Area Council of Governments (SACOG).

WHAT IS THE PURPOSE/HISTORY?

- The primary purpose is to reduce vehicle miles traveled via car by encouraging residents to hop on 2 wheels and enjoy a bike ride!

IS THERE A COUNTY CHAMPION (LEAD AGENCY)?

- The Yolo County Transportation Management Association (TMA) promotes May is Bike month with member agencies (employers) in the County.
- The County of Yolo is a member and the Woodland Safe Routes to School program partners with the County and the TMA to encourage biking in May.



CAMPAIGN EFFORTS

- Community events
 - Staff events
 - Facebook
 - Poster contests
- Foot Power Fan Club at schools



Bring the whole family, bike trailers, tag-a-longs, grandma and grandpa too!
A Commit2Fit Activity.
Helmets Required.

FUN FOR ALL AGES!

WE'LL MEET AT HERITAGE PLAZA, 701 MAIN ST. WOODLAND

WE'LL PUMP YOU UP AT 3:30PM
RIDE AT 4:00PM

FREE FREE! KIDICAL MASS FAMILY BIKE RIDE **FRIDAY, MAY 5TH @ 4:00PM**

"Together we're making Yolo County a cleaner, healthier, friendlier, more prosperous place through bicycling"

Questions? Contact Maria Contreras Tebbutt at (530) 753-1125 • funmaria@sbcglobal.net or contact Rebecca Tryon at 530-686-8640 • Rebecca.Tryon@yolocounty.org

Bike CAMPAIGN **Bike GARAGE**
Let's Ride!



GET INVOLVED

- **PROMOTE** our events
- **PARTICIPATE** in events
- As a parent of a WJUSD elementary school – **GET INVOLVED!**
- Get out and **RIDE** your bike!
- **TAKE** your kids on a bike ride
- Get your bike **REPAIRED** and pump your tires
- **PURCHASE** a new helmet so you're ready to ride



For more info on regional activities:
www.mayisbikemonth.com

COLLECTIVE IMPACT

MENTAL HEALTH

“Nothing compares to the simple pleasure of a bike ride” – JFK

Biking can improve mood, allows for fresh air, offers a transportation mode and independence, and can improve physical (which can improve mental) health.

AGING

“Life is like riding a bicycle. In order to keep your balance, you must keep moving.” - Albert Einstein

Physical activity over the life span can improve fitness, physical strength and coordination, which can reduce injuries, falls, and fitness related disease risks.

CHRONIC DISEASE

“When you ride a bike and you get your heart rate up and you’re out...your mind tends to expand; it tends to relax.” George W. Bush

The physical and mental benefits of biking and being outdoors can reduce lifestyle-related chronic disease risks; biking can be a mode of transport to access fresh foods to improve health.