**CYCLING**

**Why is cycling important?**

Cycling is a highly popular form of transport and recreation in Victoria. In fact, each week more than one million Victorians ride a bike¹.

How does cycling benefit our health²?

- Low impact exercise which is good for heart and lung fitness
- A good muscle workout, using all of the major muscle groups
- Promotes strength and endurance
- Reduces body fat levels
- Reduces anxiety and depression and is an effective form of stress relief.

How does cycling benefit us and the community³?

- Eases congestion on roads and public transport
- Less expensive than running a car
- Environmentally friendly as it doesn’t use fossil fuels, and it is quiet
- You experience a place by noticing more of your surroundings, the weather, the terrain and the environment.

**A cycling safe world⁴**

We are more vulnerable when we are cycling as we don’t have the protection of a vehicle. The safety of the most vulnerable road users is everybody’s responsibility, including drivers. No one should be killed or seriously injured while riding.

What would a cycle-friendly world look like?

- Lower speed limits
- Separated paths or lanes for cyclists
- Integrated network of cycling routes
- Secure bicycle storage facilities
- Mutual respect between cyclists and drivers.

What vehicle technologies can make cycling safer?

- Auto Emergency Braking (AEB)
- Reversing cameras
- Blindspot detection.

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**The law**

To ride a bike, you need to abide by the following rules:

- You must wear a helmet that meet Australian Standards
- Your bike must be fitted with a bell or similar warning device
- A white front light, a red rear light and a red rear reflector are required when riding at night

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