



## Bike Psych Classroom Presentation: The Truth About Bikes



Getting your first bike is an enormously important event. It provides the freedom and independence to travel around on your own, using only your own body to provide the power to get where you want to go.



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But a bike is more than freedom. It is also the most energy efficient way a human being can get from one place to another. It is even more efficient than walking. You actually use less energy when biking and arrive at your destination more quickly. (Nothing against walking, of course.)



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*Source: U.S. Department of Energy*

Consider this: over three-quarters of the fuel that goes into a vehicle is lost in the engine, wasted when idling, and used to power accessories. The majority of the remaining fuel is used to move the massive weight of the vehicle. So, this simple math tells us that very little of the fuel we put into our vehicles is actually used to get us from one place to another!



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What can we do? The most obvious step is to purchase the lightest weight vehicle that makes sense for the size of your family. Another step is to consider using vehicles that do not rely on fuels at all...like your bike.



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It is a great idea to switch from fossil fuel to peddle power! Consider these points:

- Replacing driving with biking will save hundreds of dollars a year.
- Biking avoids tons of carbon emissions from being emitted into the atmosphere.
- And, biking can keep you in great shape, and allows you to enjoy the outdoors.