



HR Highlights May 2022

May is National Bike Month

This annual recognition was started in 1956 by the League of American Bicyclists to promote the numerous benefits of bicycling. Biking is both a low impact form of exercise, as well as a viable form of daily transportation in many areas. From its potential to reduce air and noise pollution to its ability to decrease the risks of cardiovascular disease, diabetes, hypertension, and some cancers, bike riding can be an excellent way to take care of both yourself and the planet. Not only does it provide many benefits for environmental and physical health, it is also beneficial for mental health. Research shows that bicycling can improve cognitive function in children and older adults- making it a great family activity for all ages. Regularly cycling for just 15 minutes has also been found to decrease both anxiety and depression by releasing endorphins (the “feel good” hormones) into the brain. To celebrate and encourage people to get riding, the League has established the following days for participation in riding activities this year:

National Ride A Bike Day: May 1, 2022

National Bike & Roll to School Day: May 4, 2022

Bike to Work Week 2022: May 16-22, 2022

Bike to Work Day: May 20, 2022



Photo Credit: League of American Bicyclists

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