

Bike More Challenge

What?

This month, let the pedals do the talking. Take part in the one-month Bike More Challenge. Exercise can be both fun and convenient. By simply getting on a bike and riding around for enjoyment or choosing to ride to work, you can improve your health. Make this month as easy or as hard as you like — just get out there and ride!

How?

With the aid of the Bicycle Transportation Alliance (BTA), you will increase the amount you ride. Create an account at the Bike More website (btaoregon.org/get-involved/bikemorechallenge/) if you don't have one already, and start logging your bike rides. Ride wherever and whenever. Ride to work or ride around the block. Ride with friends and family, or get a little time for yourself. It doesn't matter how often or how far, this month is about riding a bike more than you have been in the past.

Why?

Today, well over half of the working population spend most of their time sitting. Increasing your physical activity can have many health benefits. By choosing to increase your time spent riding a bike, you might find you increase not only your health, but your quality of life, too.