

A large, stylized green leaf graphic composed of overlapping curved shapes, positioned on the right side of the page. The background features a large, light beige circular shape on the left and bottom.

TAIGA COMPANY[®]
oxygen for your business

Sustainable Living: Cycling

“Burn Carbohydrates, Not Hydrocarbons”

Live Green! Ride a Bike!

Cycling is part of a sustainable lifestyle. It can also be used as alternative transportation, to help the environment, and to raise eco awareness. Naturally, cycling is a sustainability concept that meets needs in both the business world and individual lives. Cycling is also considered good exercise.

Benefits

Cycling is one of the few methods of getting from here to there that doesn't produce carbon dioxide emissions. But cycling also offers far-reaching benefits to you. Find out what biking can do for you and the planet:

- § Cycling, as alternative transportation, helps the environment by reducing carbon emissions. Bicycles emit virtually no pollution when in use; they require far less materials, energy and waste in their production than even the 'greenest' car.
- § Cycling enhances your mood. There is a special connection to the open air and the surrounding trees. It's amazing how usual surroundings look different when on a bike.
- § Cycling can be done by toddlers, teenagers, youngsters and adults as well. It can be used as personal time to reflect upon your day or a means to unite friends for regular rides.
- § Regular participation in a cycling routine naturally shifts your focus to include thoughts of the weather, areas in your community to ride, road safety, and traffic. Thereby it increases your awareness of the link between the environment and your community.
- § Enjoy the freedom your bike gives you. You can go places that your car can't.
- § Cycling is a good exercise for overall fitness of the body. It improves health and reduces stress and tension.
- § Cycling contributes to a positive work/ life balance.
- § Bicycles can be produced and maintained locally by local bike shops contributing to local job opportunities as part of a sustainable economy.
- § Increased cycling commuting reduces air pollution generated from motorized vehicles.
- § Cycling, as part of a sustainable lifestyle, is a rewarding personal adventure.



Get Started: Eco Bike Resources

Just starting out? Visit [Cycling, The Ultimate in Green Energy Transport](#) for ideas on starting out, gearing up, and bike commuting tips.

General Information:

- [Bike Coalition Resource Information](#)
- [League of American Bicyclists](#): promotes cycling for fun, fitness and transportation, and works through advocacy and education for a more bicycle-friendly America
- [Bicycling Information](#)
- [Bikes Belong](#): is the national coalition of bicycle suppliers and retailers working together to put more people on bicycles more often.
- [Bike Commuter Tips](#) provides general information on commuting
- [Bike to Work Day](#)

Green Bicycles and Green Bike Products

- Bamboo Bicycles: [American Bamboo Society](#) and [Calfee](#)
- Folding Bicycles: [Bike Friday](#) and [Fold a bikes](#)

Green Bike Messenger Bags and Accessories:

- [Alchemy Goods](#)
- [Timbuk2](#)
- [GreenGuru](#)

Green Bike Panniers:

- [CobbWorks](#)
- [Jandd Mountaineering](#)
- [Ortilieb](#)

Sustainable Clothing:

- [Ibex Outdoor clothing](#)
- [Swobo](#)
- [Patagonia Outdoor Clothing](#)

Organic Energy Bars:

- [Organic Food Bar](#)
- [Bumble Bar](#)
- [Clif Bar](#)

“Think of bicycles as rideable art that can just about save the world.”

~ Grant Peterson

“Bicycles have no walls.”

~ Paul Cornish