



## Why cycle to work?

### Benefits for your *business*

- ▶ **Financial savings** through improved punctuality on staff journeys to work and on business related travel
- ▶ **Fewer car parking problems** on site due to less cars; improved relationships with other site users; and less congestion on supply routes
- ▶ **Potential cost savings** through a reduction in car parking spaces, parking maintenance costs or in supplementary paid-for public parking. Car parking spaces cost on average around £600 per annum to maintain
- ▶ **Financial savings** through reductions in sickness absence as a result of a more active workforce
- ▶ **Better productivity** and morale at work as a result of a more active workforce
- ▶ **Better recruitment** and retention of staff by offering more travel options
- ▶ **Car parking spaces** freed up for essential car users
- ▶ **Better site safety** for all road users due to less cars
- ▶ **An enhanced corporate image** as a result of improvements to staff benefits and the local environment; and may form part of your organisation's Corporate Social Responsibility (CSR) strategy
- ▶ **Significant reductions in carbon emissions** will help to meet your overall carbon reduction targets; and can help you work towards environmental quality standard ISO 14001.



Cycling City York, 9 St Leonard's Place, York YO1 7ET.  
E: [cycling.city@york.gov.uk](mailto:cycling.city@york.gov.uk) T: 01904 551550.



## Why cycle to work?

### Personal benefits for *staff*

- ▶ **Significant cost savings** on fuel, parking and vehicle running costs through leaving cars at home; and on travel costs by using public transport less
- ▶ **Improved health and fitness** including a reduced risk of stroke or heart disease; regular cyclists have the general fitness of someone 10 years younger
- ▶ **Reduced stress** and a more enjoyable journey to work
- ▶ **Forms part of the 30 minutes a day of physical activity** as recommended by health professionals; can also form part of a weight loss programme
- ▶ **All health outcomes** far outweigh any concerns about the safety of cycling: York has been classed as the safest city in the UK in which to cycle, according to national cycling organisation, the CTC ([www.ctc.org.uk/safetyinnumbers](http://www.ctc.org.uk/safetyinnumbers))
- ▶ **Virtually guaranteed** journey times all year round
- ▶ **A fast commute** can help to improve employees' work/life balance: cycling is one of the fastest modes of transport for short urban trips
- ▶ **Opportunities** for staff to do their bit to be 'green' and help the environment.



Cycling City York, 9 St Leonard's Place, York YO1 7ET.

E: [cycling.city@york.gov.uk](mailto:cycling.city@york.gov.uk) T: 01904 551550.