



SAFETY: Observe the road rules and stick to designated bike lanes where available.



GET ON YOUR BIKE!

SMART LIVING MOUNT GAMBIER



Diana and her children ride most days to school and work, and not just around the corner, but up to 20km a day.

WHY?

FAMILY Sharing the daily ride into school and work strengthens the family bonds. It is also used as an opportunity to teach the children independence.

HEALTH Riding everyday helps keep Diana and her children fit and healthy. There's no need to buy a gym membership when you ride up to 20km a day!

HIP-POCKET Minimising the use of a car means less of the weekly budget spent on fuel and car maintenance.

ENVIRONMENT Each day on the bikes means less emissions and less fumes being put into our local air.

BARRIERS?

CROSSING JUBILEE HIGHWAY The family tried a few different routes to school, including crossing Jubilee Highway, until they settled on the safest route for them. They cross Jubilee Hwy each day they ride.

SAFETY The daily ride is used as an opportunity to teach the children about riding in traffic. They all wear high-vis vests, helmets and have lights on their bikes.

ADVICE?

BE READY Prepare the night before and make sure all your gear is ready to go.

GOOD BIKE A bike that's easy to ride makes all the difference.

COMMIT Make a commitment to ride to work or school everyday for 1-2 weeks and you will notice that you feel better. Start this commitment in the warmer months of the year.



CONVENIENCE: Bike basket.
SAFETY: High-vis vest, helmet, lights.

