

# BIKE APART TOGETHER

The Official Newsletter of the Ithaca Bike Rental



## LOOKING FOR VOLUNTEER OPPORTUNITIES

During this unprecedented time, we are reminded how useful and essential bikes are, and how generous people are in our community.

Here are ways to you can help, by delivering goods by bike, supporting local businesses for your bike needs, and/or helping individuals get bikes to use for their mental and physical well being.

### **Deliver Goods By Bike**

Bikes can be used to get essential goods such as food, medicines, and other supplies to people in need. If you are thinking about delivering goods for volunteer or for pay, consider and communicate two things: how much can you carry (ex. backpack, # of grocery bags, or cargo) and where will you go (flats only or hills okay). We will update this list of opportunities as new needs arise.

Volunteer via United Way: Sign up to be matched with needs. Answer "Bike Courier - Flats Only" or "Bike Courier - Hills Okay" in Method of Transportation.

Volunteer via Mutual Aid: This is currently a Facebook group where people connect directly. Either ask for help or make an offer of how you can help.

Neighbor-to-Neighbor: The tried and true method of talking to your neighbors and seeing how you can help each other. Sometimes it takes a moment to remember that bikes can be of service.

Delivery for Local Businesses: Some businesses are struggling to keep up with delivery demand. We will post information here as we learn of ways to connect bike couriers to businesses who need them.



## WAYS CYCLING CAN HELP IMPROVE YOUR MENTAL HEALTH

read full article :

[www.britishcycling.org.uk/about/article/20190425-about-bc-static-5-ways-cycling-can-help-improve-your-mental-health-0](http://www.britishcycling.org.uk/about/article/20190425-about-bc-static-5-ways-cycling-can-help-improve-your-mental-health-0)

It was a Roman poet who first suggested the idea that a healthy mind is a key part of a healthy body, when he coined the phrase “mens sana in corpore sano” (“a healthy mind in a healthy body”).

There are lots of good reasons why using your bike should be your physical activity of choice for improving your mental health.

Here are our top three:

### 1. It gets you out in the open

While all exercise is good exercise, doing it outdoors gives you bonus points according to a study in Science Daily. The results showed that getting moving out in the open leaves you feeling revitalized, energized and optimistic in a way that bouncing around a gym can't, while feelings of tension and anger were reduced too. 17% fewer people who stopped cycling consider their lives worthwhile, in comparison to those who continued. So, get on a bike to soak up the scenery, sunshine and positive vibes.

### 2. Aerobic exercise reduces anxiety

A study in Science Direct showed that aerobic exercise, of which running and cycling are great examples, can significantly reduce feelings of anxiety, potentially preventing anxiousness from developing into full-

blown panic attacks or disorders. A recent study showed that 18% more of people who ride a bike every day consider their life happy, compared to people who tried and stopped cycling. Any type of aerobic exercise will do the trick, but a bike ride is low-impact (so great for those of us worried about bad knees) and, as mentioned before, gets you out in the great outdoors where you'll soak up even more beneficial side-effects.

### 3. It's a proven stressbuster

Regularly riding a bike is proven to reduce stress in itself. 15% more of people who ride a bike every day are satisfied with their lives than people who haven't biked since becoming an adult. But there are other ways it could help. For example, in the long-term regular cycling can work out cheaper than a gym membership, which could alleviate financial worries. Plus, a 30-minute bout of daily exercise can boost memory and creative thinking, which could help you feel more positive about work.



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*A bicycle ride is a flight from sadness.*  
— James E. Starrs