



*Turn Your
Commute
Into Exercise!*

Smart Cycle

Join us for a **FREE SmartCycle** Lunch & Learn session on-site at your workplace. Lunch provided.



SmartTrip
A Green Option

halifax.ca/SmartTrip



SmartTrip
Active Commute

HALIFAX
REGIONAL MUNICIPALITY

Why commute to work by bike?

Out of Shape? Low on Energy?

Every adult should accumulate 30 minutes or more of moderate intensity physical exercise over the course of most days of the week.

Not enough time in the day?

For commutes of about 10 kms or less, cycling time is often comparable to motorized travel. Consider any extra time required as time well spent on physical activity.

Worried about climate change?

Personal transportation accounts for almost half of the greenhouse gas emissions produced by households. Quickly and easily reduce your carbon footprint by turning to your bicycle for everyday travel.

Tired of high taxes?

In the city, the bike travels at approximately half the speed of a car, takes up on 1/10th of the space on the road and a fraction of the parking area. By cycling, you are helping to avoid expensive road construction and wasteful expansion of parking lots.

Appreciate Nature?

Cycling brings you close to the flora and fauna that abound along bike paths and residential streets. It's a whole different world from the one in a car. Arrive to work with a smile on your face!

*When I see an adult
on a bicycle, I do not
despair for the future
of the human race.*

- H.G.Wells

HRM SmartTrip is offering SmartCycle Lunch & Learn Sessions - 2 hours

Taught by nationally certified CAN-BIKE instructors, focused on the recreational and utilitarian use of the bicycle rather than the competition. **SmartCycle** will show you how to prevent spills and increase your safety in traffic. Learn how to make your ride to work safer and more comfortable.

Join us for lunch and learn about:

- How to make yourself visible and predictable
- What is new in the Motor Vehicle Act
- Crash avoidance
- Traffic Dynamics
- ABC quick check on bicycles
- Helmet and bike fit
- Common motorist and cyclist errors

The workshop includes a 1 hour classroom session and 1 hour on bike session plus a safety information package including the HRM Bicycle Routes and Trails Map. Your employer provides the classroom and parking lot and HRM **SmartTrip** provides the instructors, course materials and lunch. **Employees are to provide their own bike and helmet. No helmet, no ride. Any helmet or bicycle deemed not safe by the instructor will not be permitted to be used.**

SmartCycle Lunch and Learn sessions at your workplace will be held on:

Sign up now to hold your spot. Brown Bag Lunch will be provided by HRM **SmartTrip**.