



NEWS RELEASE – FOR IMMEDIATE RELEASE

Bike Day on the Hill: Cyclists and Parliamentarians promote the benefits of bicycling

(Ottawa, June 1st, 2017) Parliamentarians and cycling advocates joined together to mark the sixth annual Bike Day on the Hill. The practice of cycling as an excellent form of physical exercise, and the importance of bike safety were main messages delivered by an array of speakers – including Olympic Champion, Senator Nancy Greene Raine, Senator Chantal Peticlerc, National Health and Fitness Day Director and former MP, John Weston, and CEO of Cycling Canada, Pierre Lafontaine.

A companion event to National Health and Fitness Day, which this year is Saturday, June 3rd, Bike Day on the Hill is a partnership with Canada Bikes, Cycling Canada, Heart and Stroke Foundation, Canadian Automobile Association, the Co-Operators, Mountain Equipment Co-op, the Great Trail, Ontario Cycling Association, the Great Canadian Ride, and Envirocentre to promote cycling as a great form of exercise, bike safety practices, and to discuss policy initiatives for a cycling-friendly Canada.

After the speeches concluded, participants went on a leisurely 6km inter-provincial bike ride – followed by a BBQ.

Quotes:

"National Health & Fitness Day is pleased to help connect Canadian cycling advocates with federal legislators for a discussion on the promotion of cycling. Active transportation is an excellent way to increase overall physical activity of Canadians and help reduce traffic congestion.

- Senator Nancy Greene Raine, BC

"When we cycle and walk we remove cars from our streets, reduce carbon pollution, and become healthier. Not only that, we also save money. Active transportation makes our streets cleaner and our communities healthier."

- Catherine McKenna, Minister of the Environment and Climate Change

"This is Canada's opportunity – as a country and as a government – to stand up and make a conscious decision to become a bike friendly nation. It's time. We owe it to our children, grandchildren, spouses and peers and I challenge anyone to come up with a reason why we shouldn't."

- Anders Swanson, Chair of Canada Bikes

“This event serves as a wonderful opportunity to promote cycling as a great form of physical activity and to advocate for better cycling infrastructure. With effective policy, we can make Canada a world-leader in cycling – something that will lead to healthier population, less cars on the road, and fewer cycling related injuries and deaths.”

- Pierre Lafontaine, CEO of Cycling Canada

Quick Facts:

- Cycling is a great way to be active, and can burn up to 600 calories an hour depending on weight and intensity – adults need 150 minutes of moderate to vigorous of physical activity per week .
- Around 7500 Canadians are seriously injured each year in cycling accidents – with the majority of accidents occurring during the afternoon rush hour.
- Cycling to work is associated with a 45 per cent lower risk of developing cancer and a 46 per cent lower risk of heart disease compared with commuting by car or public transit.

Associated Links:

www.NHFDcan.ca



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