



## WHY WE SUPPORT

# BICYCLING IN SCHOOL

*“Learning how to ride a bike brings happiness, confidence, and self-fulfillment through the experience of competence mastery.”<sup>1</sup>*

### **Bicycling Improves Overall Fitness & Ability to Learn<sup>2</sup>**

Bicycling enhances early brain development and reduces both long- and short-term risk of diabetes, heart disease, and hypertension.

### **Riding Encourages Exploration & Social Independence<sup>3</sup>**

Bicycling helps children develop a sense of direction, place, and geography while empowering them to become responsible for their own transportation.

### **Regular Riding Reduces Stress & Attention-Deficit Symptoms<sup>4</sup>**

Exercise in general and bicycling in particular have a profound effect on mental health and are often used to treat behavioral disorders.

### **Bicycling Improves Classroom Behavior & Achievement<sup>5</sup>**

Exercise and outdoor activity improve concentration, retention, behavior, and cognitive function.

*Whole Child Learning Environments promote nature-based learning, healthy habits, and essential life skills. The Audacious Foundation partners with local organizations and schools to integrate bicycling into the physical education curriculum.*

#### Sources Include:

- <sup>1</sup> Ho, Chang-luan: *Beyond Environmental Concerns: Using Means-End Chains To Explore The Personal Psychological Values And Motivations Of Leisure/Recreational Cyclists*, *Journal of Sustainable Tourism*, Vol. 23, No. 5, 2015
- <sup>2</sup> Ratey, John: *Spark: The Revolutionary New Science of Exercise and the Brain*. Little, Brown and Company, reprint edition 2013
- <sup>3</sup> Goodyear, Sarah: *Kids Who Get Driven Everywhere. Don't Know Where They're Going*, *Citylab*, May 7, 2012
- <sup>4</sup> Cowden, John D: *Pedaling Away from Behavioral Problems in School*, *NEJM Journal Watch*, January 9, 2017
- <sup>5</sup> Barcott, Bruce: *It's All in Your Head*, *Bicycling*, February 4, 2013

# **Audacious** foundation

A Complete Learning Experience  
for the Whole Child

Santa Barbara, California

[www.AudaciousFoundation.org](http://www.AudaciousFoundation.org)