

## Overview



- **Program Objective:** To provide specially-marked bicycles in convenient locations for installation personnel to use
- **Point of Contact:** OSD/MC&FP
- **Total Force Fitness Domains:** Physical, Psychological

## Program Description



The Bike Share program is an on-installation program that provides specially-marked bicycles in convenient locations for personnel to use for transportation or recreation. A bike share program creates opportunities for exercise in daily life routines which can increase overall physical activity and assist in controlling epidemics related to obesity, as well as contribute to environmental and economic sustainability. There are various models for funding and operating a bike share initiative that installations might utilize.

## Anticipated Impact on Population Health at Installation



The Bike Share Initiative provides an opportunity to increase physical activity during the day. This is an important part of battling the potential negative impacts of modern sedentary lifestyles. Cycling even just 15 minutes or 2.5 miles—less than the average commuting distance—twice a day is enough to burn the equivalent of more than 10 pounds annually.

## Performance Measures



- Number of Bike Share program reservations divided by the number of bikes in the fleet times 30 (to represent one month)

## Additional Information