

CIVITAS & Economy

CiViTAS
“quotes”

“ **Cycling** has a lot of benefits, especially for elderly people, making it easier for them to maintain relationships and prevent isolation. Unfortunately the number of cyclists over 60 years is decreasing*, so it is important to think about solutions to help people keep on cycling for their whole life



It has been calculated** that, for **every kilometer** that is cycled instead of using the car in the city, the health effect for society in the form of prolonged lifetime and improved health condition can be measured to almost **DKK 7,00 (= EUR 0,90)**

* Data related to Denmark

** The Danish Ministry for Transport, July 2014

Source

Cycling for all - also the seniors in our cities and thus promoting live long active mobility - K. Bondam, 2016