

## Gas Prices: Sometimes 2 wheels are better than 4

As the gas prices continue to rise, will you continue to travel? According to The Travel Industry Association (TIA) seasonal forecast, travel has only declined 1.1% from last fall season (<http://www.tia.org/pressmedia/pressrec.asp?item=683>). I suspect this will be the same for travelers. If anything, you may alter your plans slightly to compensate for the gas prices, but most of you won't actually cancel your plans. Travelers, in general, have a unique ability to adapt to situations quickly.

I have no doubt that travelers will adapt to the gas prices as well. Perhaps more travelers will buy bike racks and take their bikes with them while on assignment. More bikes have sold than cars in the United States over the past 12 months (<http://www.freerepublic.com/focus/f-news/1495213/posts>).

Rising gas prices may be a blessing in disguise. Everyone is becoming more aware of how much gas they use. This in combination with the increase in hurricanes this year has more and more people becoming aware of their impact on the environment (i.e. global warming).

According to the transportation almanac (<http://bicycleuniverse.info/transpo/almanac.html>) commuting on a bicycle 4 days for 4 miles one way saves 54 gallons annually. Not only does this help our environment, but this would save an individual paying \$2.60 a gallon \$141 dollars a year.

Not only will people be saving money and the environment, they may be saving their lives with the increase in exercise a bike can bring to ones life. According to The Better Health Channel ([http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Cycling\\_and\\_your\\_health?Open](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Cycling_and_your_health?Open)) biking brings the following:

- Increased cardiovascular fitness
- Increased muscle strength and flexibility
- Improved joint mobility
- Decreased stress levels
- Improved posture
- Strengthened bones
- Decreased body fat levels

You receive all these benefits while taking it easy on your joints. I like to bike because every time I get on the bike, I feel like a kid again. It's fun.

Next time you take an assignment, consider taking your bike too. If the hospital is in a safe area, ask that the housing be fairly close to the hospital so you can bike to work. Imagine getting home from work and having your workout already done. Meanwhile, you

save money on gas and made positive contributions to the environment. That is a lot to  
feel good about.