

School of Computing

Biking for a Greener Cause



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Introduction



Active transportation improves our health and the health of our communities. It also lowers our healthcare costs. The more people walk and bike the more we lower those costs as we reduce the levels of obesity, heart disease, and Type 2 diabetes. Cycling and walking also make our roads safer by reducing the number of automobiles on the street. According to a research, 98.5% of collisions on regional roads are between gas-powered vehicles. Furthermore, streets where people walk and bike have more people on the street at all times and this has been shown to reduce local crime.

Issues



As more and more people turn to cycling during the pandemic, Metro Manila roads have been transformed to fit the new normal. Prior to the pandemic, cyclists complained about the lack of infrastructure for their community. Rough pavements and speeding vehicles in the absence of bike lanes in many areas are one of the problems of cyclists in the Philippines.



OBJECTIVES

As a team, we want to encourage people to have an interest in biking for the benefits of the environment too. The more cars we can get off the road, the better it will be for the environment. Cycling requires no gasoline and, therefore, no harmful vehicle emissions or smog are released into the air when a person is riding his or her bicycle. Opting to use your bicycle a few times a week, instead of your car, is one of the simplest ways to lower your environmental footprint. Idling isn't an issue when you are cycling. Noise pollution is reduced as well. Bicycles require no gasoline, no antifreeze and don't need many of the other fluids vehicles need to operate. This helps ensure such fluids don't make their way into local waterways or the environment itself. And also, riding your bicycle can help build muscle, eliminate fat, strengthen your legs, lower blood pressure and increase endurance. Cycling has also been proven to be an extremely effective way to alleviate stress, reduce anxiety, clear your mind and improve your mood. Riding a bike, as with many types of aerobic exercise can improve sleep and make an individual more heart healthy too.