

Stick to the topic

Note: Make sure every sentence supports the main idea

Oops! Off topic - will take away my reader's focus

Riding a bike to work benefits the biker as well as the environment. If you are someone who is able to commute to work by bicycle, you will fit daily exercise into your busy schedule. ~~Carpooling is another great way to get to work.~~

Additionally, adopting the practice of biking can save you considerable money.

~~Riding a bike is not easy in snow or rain.~~ Finally, by cutting back on the amount of miles you drive in your car, you conserve fuel, and you do your share to cut down on carbon dioxide building up in our atmosphere.

Hmm. Points out a problem with biking - does not support the main idea

Much better!

Riding a bike to work benefits the biker as well as the environment. If you are someone who is able to commute to work by bicycle, you will fit daily exercise into your busy schedule. Additionally, adopting this practice can save you considerable money. Finally, by cutting back on the amount of miles you drive in your car, you conserve fuel, and you do your share to cut down on carbon dioxide building up in our atmosphere.