

Benefits of the E-Bike

Michael Pasquali
Exhibit & Projects Coordinator
Canadian Electric Bicycle Association

Electric bikes, often referred to as E-bikes, have gained immense popularity in recent years, and for good reason. These innovative two- and three-wheelers offer a plethora of benefits that make them a compelling choice for commuters and cycling enthusiasts alike. See below to learn more.

*While this document specifically references e-bikes, many of the below benefits can be attributed to other battery-powered micro-mobility devices such as electric scooters.

Environmental Benefits

The rise of alternative forms of transportation such as e-bikes help to reduce our reliance on fossil fuels, a primary driver of climate change. E-bikes produce zero emissions, and use only a small amount of electricity, making them much more efficient than internal combustion engines. Further, e-bikes typically emit nearly zero noise and contribute to a quieter and more pleasant urban atmosphere.

Health Benefits

Riding an e-bike can improve cardiovascular health, increase your overall fitness level, and help with weight management. They offer a low impact form of exercise and are much easier on joints than running and other high impact activities. In addition, riders can adjust the level of battery/mechanical assistance based on their comfort and physical ability. These qualities enable family outings and group rides regardless of participant's fitness level.

An e-bike can be used by the elderly, an individual with a physical limitation, or someone who does not have the stamina or capability to ride a regular bike and still keep up with the family. It allows groups to ride together and have conversations, without making

less fit riders feel like they're holding back the group. Riding an e-bike can also improve mental health and help relieve stress by getting riders into the outdoors to enjoy the sun and fresh air.

Financial Benefits

E-bikes are one of the most cost-effective and economical forms of transportation on the planet when compared to traditional modes of transportation. The majority of e-bikes are equipped with efficient Lithium-ion batteries, much like those found in cell phones, and the cost of fully charging an e-bike battery can range from as little as a few cents to up to 50 cents depending on where you live in Canada. Use of an e-bike also eliminates other potential transportation costs such as those related to parking and public transit fees.

Practical Benefits

Pedal assist and throttle: E-bikes typically assist riders when pedaling, making uphill and long-distance rides more manageable. When faced with a hill, the rider can use the assist or throttle feature of the e-bike to propel them up the hill without exertion. Another advantage of the pedal assist and throttle feature is you can use them to commute to work and



Did you know?

Commuting is a fact of life for many Canadians. In 2016, 12.6 million Canadians reported they commuted to work by car. For these commuters the median distance to work among those who had a usual workplace was 8.7 kilometers[1].

An e-bike is more than capable of getting you to work and back on a single charge. It can also significantly reduce your carbon footprint, lower demand for gasoline and decrease vehicle costs associated with wear and tear.

not break a sweat. These features allow riders to adjust the e-bike to suit their preference and the terrain.

Commuting efficiency: E-bikes can navigate easily through traffic thereby reducing commute times. As many cities have incorporated bike lanes into their road infrastructure, dedicated bike lanes avoid bumper to bumper traffic and can result in faster and often less stressful commutes.

If you are a user of public transit systems, converting to an e-bike will not only save you the cost of transit but will also eliminate the time spent waiting for the bus, train or subway. E-bikes also help reduce congestion by taking up less space on the road and in parking lots.

References:

[1] <https://www150.statcan.gc.ca/n1/daily-quotidien/190225/dq190225a-eng.htm>

About us: *The Canadian Coalition for Green Health Care is Canada's premier green health care resource network and is leading the evolution of green in Canada's health sector as a national voice and catalyst for environmental change. Collaboratively, we strive to reduce health care's ecological impact from compassionate care delivery while providing a platform upon which to discuss and promote best practices, innovation, environmental responsibility and climate change resiliency. www.greenhealthcare.ca*

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Parking Convenience: E-bikes are easier to park than traditional vehicles, often having dedicated parking areas that do not require payment, as they are considered a bicycle in most provinces. Some employers may even offer a charging station for E-bikes.

No License or Registration Required: No special license or registration is required to ride an e-bike, making it a low barrier form of transportation. This is one of the reasons for the rapid uptake and popularity of the e-bike. As the market grows there has been an increase in affordability and incentives/rebates, helping to further their accessibility.

The final word

Riding an e-bike can be significantly more fun than riding a conventional bicycle with the ability to travel faster and to explore more places. The feeling of riding an e-bike can be quite exhilarating. It can turn everyday commutes or going to the store into an adventure. Even a leisurely ride becomes a lot more fun with the feeling of the freedom an e-bike gives you.

We encourage you to explore the world of e-bikes and experience firsthand the many advantages they offer. Whether you're looking to reduce your environmental impact, improve your health, save money, or simply enjoy the freedom and fun of two-wheel travel, e-bikes have something to offer everyone.

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