



Haverhill

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Mayor Celebrates Bike Week with a Bike Ride to City Hall

Today, Mayor James J. Fiorentini rode his bike to work in celebration of the statewide Bay State Bike Week Initiative. The Mayor along with Haverhill resident Jeff Russell rode their bikes to City Hall to kick-off the event. There are 4 miles of bike lanes in the City and growing.

Biking is associated with cardiovascular fitness. It also tones and builds muscles in your calves and thighs. It can help bring your weight down, strengthen your immune system and is good for your mental health.

Mayor Fiorentini stated:

“I enjoyed biking to work and immediately felt the benefits of the exercise.

“Before biking or any exercise, it is best to check with your doctor.

“I try to exercise whenever possible, it gives me added energy and endurance.”



(L-R) Jeff Russell and Mayor James J. Fiorentini