



Haverhill

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Mayor Celebrates Bike to Work 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 rode his bike 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 frequently bike around the city and feel the benefits of the exercise.

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

“I enjoy biking; it gives me added energy and endurance.”



Above is Mayor Fiorentini on his bike.