

Public Service Announcement

Wednesday, June 3 is World Bicycle Day 2026

Start Date: June 3, 2026

End Date: June 3, 2026

Nunavut-wide

50 sec

The Department of Health and Nunavut Climate Change Secretariat encourages Nunavummiut to choose biking as a simple, healthy action that supports both personal wellbeing and the environment.

Cycling is more than a climate-friendly way to get around. It's an accessible way to stay active, support heart health, and promote mental wellness. Regular physical activity can help reduce stress, improve mood and energy, and support healthy habits. Biking is also an enjoyable way to spend time outdoors and connect with the land.

When possible, Nunavummiut are encouraged to walk or bike instead of driving. Consider biking to work, school, or around the community whenever you can. Small choices can help support healthier lifestyles.

The Department of Health also reminds Nunavummiut to ride safely by wearing a properly fitted helmet, even on short trips. Injuries can happen at any speed and wearing a helmet helps reduce the risk of serious injury. Learn more about bicycle helmet safety on the [Healthy Living](#) website.

Please consider biking as part of your daily routine when possible. Healthy and climate-resilient communities are built through the small choices we make every day.

Learn more on the [Nunavut Climate Change Secretariat's website](#).

###

Charmaine Deogracias
Manager of Communications
Department of Health
867-975-5712
cdeogracias@gov.nu.ca

Macintosh Pavia
Knowledge Mobilization Specialist
Nunavut Climate Change Secretariat
867-975-7755
mpavia2@gov.nu.ca

Public Service Announcements are available in Inuktitut, English, Inuinnaqtun and French on www.gov.nu.ca.
Kavamatkunnin Tuhaqtitaujukhat hailihimajun Inuktitut, Qablunaatun, Inuinnaqtun Uuiutullu uvani www.gov.nu.ca.
Les messages d'intérêt public sont disponibles en inuktitut, en anglais, en inuinnaqtun et en français au www.gov.nu.ca.

Communications