The benefits of cycling

In our busy lives it is very common for people to use a car when they need to go anywhere. It does not really matter whether it is near or far, we tend to use a motor vehicle. We need to think again! To use a bicycle when we do not have to venture far has specific benefits, both for our own health and for the health of the planet.

Not only does riding a bicycle strengthen your legs, reduce cholesterol and improve the health of your heart and arteries, it has lifestyle benefits. As it is a low impact exercise it is beneficial for your joints. You become more supple and flexible when you cycle often. Your coordination and balance improve, and you also develop good posture Citation 1. Moreover, cycling at a moderate pace often will meet your fitness needs, and it is easy to incorporate into your daily life. The presence of hills and inclines helps you to increase your physical activity. If you cycle regularly it can lead to weight loss Citation 2.

The positive effect of using a bicycle is not limited to your physical health. Using a bicycle often also improves your mental health. It boosts the positive endorphins in your brain – helping you to feel more positive. It reduces anxiety and depression, and it even boosts your brain power Citation 1.

Cycling does not only have a positive impact on your health, but it is also beneficial for the environment. Bicycles do not emit gases that are detrimental to the environment! Using your bicycle whenever possible is positive on all counts – good for your physical health and feelings of well-being and good for the environment too.