Benefits of Cycling



Every year, June,3 is celebrated as World Bicycle Day. The event acknowledges the uniqueness, longevity and the importance of the bicycle, which has been in use for two centuries. On this day, the United Nations is supporting efforts to use bicycle to transform mobility during the global coronavirus pandemic, as well as create a greener and more sustainable post-COVID-19 crisis future. Simple, affordable and more environmentally friendly than other forms of transport, cycling has significant health benefits. Cycling can help you maintain a healthy weight and reducing the risk of certain conditions like heart disease, stroke, diabetes, and some forms of cancer, etc. The day is also being linked with promoting a healthy lifestyle especially for people with type 1 and type 2 diabetes.

Cycling is not only beneficial for health and the environment, but it is also fun. Perhaps, the health benefits of cycling on a regular basis are immense. What’s more, cycling is easy to fit into your daily routine by riding to work, school or park. Cycling can help improve your physical and mental well-being. Here are some amazing health benefits of cycling.

**Health benefits of cycling regularly**

1. **Weight loss:** Cycling could be an effective way to reduce excess weight and stay fit as it raises your metabolic rate and helps build muscle and burn body fat. It is claimed that one hour of cycling can help burn calories - between 400 and 1000, although it depends on the intensity and rider weight. Therefore, regular cycling, when combined with a healthy eating plan, may one of the best weight loss strategies that can also help avoid obesity and keep the pounds off.
2. **Good for heart:** Cycling helps to strengthen your heart muscles, lower resting pulse and reduces fat levels. The activity stimulates and improves your heart, lungs and circulation, which helps reduce your risk of cardiovascular diseases like stroke, heart attack and high blood pressure. According to a Danish study, regular cycling could help protect people aged 20 to 93 years from heart disease.
3. **Reduces cancer risk:** Cycling has been linked to a lowered risk of certain cancers, specifically breast and colon cancer. In fact, many researchers have demonstrated a link between cancer and regular exercise.
4. **Cuts diabetes risk:** Research has found a relationship between a lack of physical activity and a greater risk for diabetes, which is a serious public health concern. For instance, large-scale research in Finland showed that people who cycled for more than 30 minutes per day had a reduced risk of developing diabetes by 40 per cent.
5. **Improves mental well-being:** Exercise can reduce stress and anxiety while boosting your happiness and overall mood as it helps your body release chemicals like endorphins, adrenaline, serotonin and dopamine - all of which work together to make you feel good. Meanwhile, a study done by the YMCA suggested that people who had an active lifestyle had a wellbeing score of 32 per cent higher compared to inactive individuals.

This World Bicycle Day, take a pledge to make physical activity - such as cycling - a part of your lifestyle to help improve your health and create a better, greener world.