

What are the benefits of Cycling?

As the COVID-19 situation is progressing and the Government guidance continues to change as lockdown restrictions are eased, individuals may be feeling anxious about going back to “normal life” and to how safe it is to use public transport to commute. One alternative may be to consider cycling and this article looks at the benefits of cycling. It is also national cycle to work day on Thursday 5th August 2021.

Cycling is an aerobic exercise that works your lower body and cardiovascular system. Cycling is a low impact exercise and can be enjoyed by individuals of all ages. There are lots of good reasons to take up cycling from improving your fitness, health, bank balance or to be more environmentally friendly. Whether you are cycling to work, to school, to the shops, or just for fun, Cycling can be an easy way to get more active and cycling to work is one of the easiest ways of fitting exercise into your daily routine.

Is cycling good for your health?

Keeping fit is fundamental to good health. It will keep your weight in check as well as protecting you against heart disease, stroke and diabetes. Exercise will also help to maintain healthy muscles, bones and joints, boost your immune system and has proved to help relieve stress and anxiety.

Tips for beginners

If you are new to cycling or have not cycled in a while, it can be quite daunting. It is important that you make sure you are prepared for cycling again after a long layoff. Also, if your bike has been in the shed/storage for a while then you need to make sure that it is fit for purpose. For tips for beginners please see the below link:

<https://www.cyclinguk.org/article/campaigns-guide/cycling-tips-24-essential-pieces-riding-advice-beginners>

Can cycling help to reduce stress and depression?

People who have experienced stress or even depression and anxiety, confirm that being active on a regular basis helps their mental wellbeing. Cycling outdoors is a good way to be at one with nature and can help to take your mind off things that may be causing you stress. When you exercise your body releases ‘feel good’ hormones called endorphins that research shows can boost your spirits and make you feel better.

Cycling could save you money!

Cycling can help you to save money on public transport costs, fuel costs, and the costs of wear and tear on your own vehicle. It may even save you time by beating the traffic. Some organisations even have cycle to work schemes. To find out more about money saving tips for cyclists, see the below link:

<https://www.moneysavingexpert.com/travel/how-to-save-money-on-buying-a-bike/>

Cycling is better for the environment

Cycling is one of the cleanest, energy efficient ways of transport. Approximately twenty bicycles can be parked in the same space as one car. It also takes around 5% of the materials and energy used to make a car to build a bike.

Useful links for more information:

- <http://www.cycletoworkday.org/>
- <https://www.gov.uk/government/publications/cycling-and-walking-plan-for-england>



If you would like view the webinar on **“What are the benefits of cycling?”** a recording of the session can be accessed using the link below –

<https://attendee.gotowebinar.com/register/3608893339570408464>