



## HEALTHY LIFESTYLE

### RIDE A BIKE - HERE'S WHY

Have you considered using a bicycle to move around? If you haven't yet, there are many health benefits of cycling as a mode of transportation.

According to the U.S. Department of Health and Human Services, adults should include 75 to 150 minutes of high-intensity aerobic exercise or 150 to 300 minutes of moderate exercise into their weekly routine for overall physical wellbeing.

Cycling is an aerobic workout that any person at any fitness level can incorporate into their weekly routine.

#### Health benefits of regularly cycling

Cycling has become a popular exercise for many people since it's an easy way to incorporate a workout while commuting to and from places on your bicycle.

According to Medical News Today, there are various health benefits of cycling as an exercise:

**1. Balanced lifestyle.** Leading a balanced lifestyle with a good nutritional diet and exercise is imperative for good health. As an aerobic exercise, cycling speeds up your metabolic rate, burns body fat, and builds muscle, which helps you maintain a healthy weight and strong body.

**2. Healthy heart.** Regular cyclists experience enhanced cardiovascular functioning and have a 46% lower risk of cardiovascular disease. A major contributor to cardiovascular disease is high blood pressure, which exercises like cycling help regulate.

**3. Exercise improves mental health.** Exercise is associated with improving depression and anxiety and promoting cognitive functioning. Riding a bike is a simple exercise that most people can enjoy.

**4. Cycling is low impact.** Cycling is a great workout option for older individuals or those with weak or damaged joints since cycling is a low impact exercise.

Besides the health benefits of riding a bike for transportation or a weekend adventure, cycling is a friendlier option for the environment. A study in the *Journal of Public Transportation* has shown that riding a bike instead of a car for commuting reduces an individual's carbon footprint by 67%.

#### Safety tips for riding a bike in urban areas

When riding a bike in urban areas, wear a helmet and use a headlight in the evening. In addition, follow the road rules and always be aware of vehicles and pedestrians around you.