



## 5 BENEFITS OF CYCLING

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PHOTO: KAZI TAHSIN AGAZ APURBO

We all know that riding bicycles has its perks, it's fun and, of course, it's health benefits. But many of us still refuse to learn how to ride one. It is not only healthy for us, but it keeps the environment much cleaner and free of traffic. I have been talked into learning how to ride a cycle for years now, and I haven't budged. So here is my attempt to motivate you and myself! Here are 5 crucial benefits of riding a bicycle:

1

**Enjoy commuting:** I've heard my friends say that their favourite time of day is when they are commuting. Now, living in Bangladesh, that sounds like the most absurd thing in the world. But then I ask them why- "it feels like I'm free," they say. When you're cycling on the roads, especially when it's a little clear, it gives you the feeling of independence (plus, it also contributes to decrease of traffic congestion). As you peddle along, your thoughts are to yourself, you are moving freely, thinking freely, peacefully in motion. Now that is definitely something I want to feel, don't you?

2

**Be sharper:** Keeping track of your peddling, and of your route makes you mentally sharper. But there's even more to it- once you become regular at commuting by cycling, you'll find an increase in your energy and reduction in fatigue. Even a single 30-minute bout of cycling can improve your reaction time, memory, and creative thinking. Cycling has also been found to reduce anxiety and depression!

3

**Weight reduction:** Now, I know this one will be appealing to many. While I can't complain about my weight, I do have times when I feel a little bloated and heavy when I haven't moved around much for a long period of time. Cycling helps you burn a lot of calories, especially when you cycle faster than at a leisurely pace. And cycling has the added benefit of ramping up your metabolism, even after the ride is over!

4

**You live longer:** No, I'm serious! Cycling is known to improve cardiovascular fitness, as well as decrease the risk of coronary heart disease. Heart diseases are still responsible for the most number of deaths every year. That in itself makes bicycling a great way to increase your longevity, even when adjusted for risks of injury!

5

**Improves immune system:** Other causes of death have a lot to do with your immune system. Deadly diseases such as cancer and others are caused due to your immune system being compromised. Cycling can make sure these diseases don't invade your life.

Okay, so I'm convinced! Aren't you?

Information sources: [www.bicycling.com](http://www.bicycling.com), [www.seeker.com](http://www.seeker.com)

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