

## THE BENEFITS OF

# BICYCLING

For You and  
The World



## The Benefits of Bicycling for You

### Your Heart

You may have heard that exercising is good for you, right? Well, it is. The risks associated with heart disease or a possible heart attack are reduced with regular bicycling.

### Your Muscles

One week of physical inactivity can make you weak. By as much as a whopping 50%. Over the long-term that cause a lot of damage. Like a heart attack. Bicycling activates most of the bodies muscles.

### Your Mental Health

In addition to physically challenging you, bicycling can reduce anxiety, depression, emotional and other psychological issue. Get outside, become one with Mother Nature, she loves you.

### Your Balance

Riding an unicycle, bicycle, or a tricycle produces a balance between exertion and relaxation. And, that is critical to your inner equilibrium.

### Your Coordination

Bicycling makes you steer with your arms and hands, while moving your legs and feet in a circular motion, and at the same time balancing your weight as you're moving. That leads to overall better coordination.

### Your Waistline

Bicycling, along with a good diet, can reduce inches, stimulate your body's fat metabolism, and tighten your stomach muscles.

### Your Body

Bicycling, with attention to your posture and cycle leg movement can help lead to stimulation with back muscles. Bike riding is also great for your joints and cartilages. We suggest that if you haven't exercised in awhile that you consult with you doctor.

## The Benefits for the Planet

### You're Producing No Pollution

Short trips drivers take by car to work, school and the grocery store add up over time when it comes to carbon dioxide and other greenhouse gases that get into the air. Bicycling produces no greenhouse gases.

### You're not Using Motor Oil, Batteries or Other Toxics

Your bicycle runs on little more than your energy. So, unlike your car, bicycles don't require substances that can harm the environment.

### Your Bicycle Requires Less Space to Park and Store

In addition to the impact cars have while they're moving, cars also impact the environment while they're parked. From land used for parking lots to resources required to build garages, cars take up valuable space. A bike's small frame and easy storage frees up space for sustainable uses.

Ride On, Brothers and Sisters

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