Cycling Health and Fitness

Cycling is a great way to exercise to improve your overall health and wellbeing. Getting on your bike regularly not only gets you where you want to go, but also protects you against ill health and makes you feel better overall.

There are many health benefits associated with cycling. Cycling is an aerobic activity, which means that your heart, blood vessels and lungs all get a workout. Everyday cycling, which leaves you breathing heavily, but not out of breath, is the most effective and enjoyable form of aerobic exercise. Unlike other physical activity however, cycling is a low impact, low joint stress activity which will not cause harm to your knees, hips and ankles over time.

Cycling is a great fitness tool. Whether you need to get or stay fit, cycling will vastly improve, or steadily maintain your fitness level. Even if you only go for a leisurely ride a few times every week, you are gradually increasing your aerobic fitness, which is fantastic for your overall health and wellbeing. The strength and coordination that regular cycling brings will make you less likely to be seriously injured in a fall or minor accident in your every day life. This will especially benefit you later in life.

For those of you who are weight conscious, cycling is a great way to lose excess and manage current weight. Cycling is a fun exercise that suits people of any age, gender, weight and fitness level. Cycling can easily be incorporated into a weight loss program for a quick and effective way of burning calories. The beauty of cycling is that everyone can go at their own pace, and no matter how fast or slow that may be, you are still burning calories with every push of the pedals! By cycling, you are reducing the chance of developing obesity and diabetes by doing the necessary levels of physical activity to protect against sedentary lifestyle diseases. You will also improve muscle tone and strength which is important in every day activities.

Cycling can have positive effects on the way we feel too. Moderate exercise, such as cycling, will heighten your energy levels, and will assist in reducing stress, anxiety and depression. It will also improve your mood and raise self-esteem. These benefits are not only a result of the physical activity, but also from the results that you will soon see in your body and the way you look.

Cycling is one of the few physical activities which can be undertaken by the majority of the population as part of a daily routine. It will dramatically improve your health and fitness, and the benefits are staggering when relating to weight management and mental wellbeing. Daily cycling is easy with the help of the RBWH Cycle Centre. For more information please contact 07) 364 6BIKE or RBWH-Cycle-Centre@Health.qld.gov.au.