

## Five Healthy Reasons to Get On Your Bike and Cycle



Dig out that old bike in your garage and dust it off. Wipe down the handles and give a good check all round. It doesn't matter if you haven't ridden in years, try some quick laps around your backyard to get the momentum started. You can even wear your favourite joggers to give you that extra motivation and you're ready to go. You may think, I already go to the gym to exercise, so why should I cycle? But hold that thought and read our top **five healthy reasons to get on your bike and cycle**:

### 1. Stress buster

We all have times in our lives where we are overwhelmed with stress. Whether it's personal or work-related, cycling is a good way to keep your mind off those stressful little bumps in your life. All it takes is a twenty minute ride around the block and you're free of all your worries!

### 2. Great way to burn some fat

It's not exactly news but cycling is brilliant exercise. [Research](#) has shown that steady cycling for half-hour can burn approximately 150 calories. That's five kilograms of fat over a year. It's great for toning your legs, arms and can tighten your stomach up. There's no getting around it, cycling is more fat busting than any aerobic exercise out there.

### 3. Feel good about yourself

Everyone wants to feel good about themselves. It's no surprise that exercise in general improves self-esteem. Cycling in particular is excellent for keeping your body in shape as well as your mind. Giving you the feel-good factor wherever you go!

#### 4. It's fun!

There's no better feeling than cycling down a country road with the fresh air breezing past your face and birds chirping in the distance. Cycling is guaranteed to put a smile on anyone's face – Trust us we know!

#### 5. Live longer

Yep that's right! We were particularly surprised with this one too. Apparently there have been [studies](#) conducted to show that people who cycle, improve their longevity compared to non-cyclists. There you have it, what better reason to start cycling. Everyone wants to live longer right? So go on and get cycling!

There you go! **Five healthy reasons to get on your bike and cycle.** What are you waiting? Clean up that dusty old bike, get your jogggers on and go! Ride that bike to much healthier life and most importantly remember to be happy!