

Biking your way to better health

Riding a bike can be one way to roll toward better health. Bicycling is great exercise that works your lungs and heart. It also works your muscles in the upper and lower parts of your legs. You can even ride a bike instead of driving. This is a good way to get more exercise. There are some things you should know before you take a ride.



Photo above by Monkeybusinessimages, below by Sturti, courtesy iStockphoto

Quick facts on biking:

1 Riding a bike is a good way to exercise if you have joint pain or injuries from other physical activity. It is a low-impact way to get in a workout, and it builds stronger muscles and bones.



2 The Centers for Disease Control and Prevention reports that physical activity such as biking can lower your risk for heart disease, mental health issues and sleep problems.

3 Talk to your doctor to make sure you can ride safely. Wear your helmet so that it fits snug under your chin. The front of the helmet should sit low on your forehead.

4 Cycling can keep you connected to other people. Joining a club or group that cycles is similar to the relationships you can build in an exercise class. You can talk to riders with more experience to map out safe routes.

5 Choose a bike that is right for your ride. A bike that does not fit your body or style of riding can lead to injuries. A bike shop can help to fit you.



>> For more information on biking, visit www.acsm.org