



## The wellbeing wonders of pedal power!

Cycling isn't just a recreational activity or a means of transportation; it's also an excellent way to improve your physical and mental wellbeing.

Whether you're a casual rider or a seasoned cyclist, the health benefits of cycling are undeniable. This article will explore some of its key benefits to help inspire you to have a go!

### Cardiovascular fitness

Regular cycling is a fantastic way to boost your cardiovascular health. It engages the large muscles of your lower body, promoting better blood circulation and enhancing the efficiency of your heart and lungs.

The benefits to your health include keeping your blood pressure, cholesterol and blood glucose control in check, which collectively reduce your risk of heart disease, stroke, type 2 diabetes and dementia.

### Weight management

Cycling is a highly effective activity for maintaining a healthy weight or shedding unwanted pounds - even a moderate-paced ride can burn hundreds of calories per hour.

### Joint and muscle strength

Cycling is a low-impact exercise which means it's gentle on your joints. Unlike higher-impact activities like running, it doesn't place excessive stress on your knees, hips and ankles. As well as this, it provides excellent resistance training for your leg muscles, helping to build strength and endurance.

Regular cycling can also improve agility and balance, reducing the risk of falls and injuries and promoting healthy joints.

### Mental wellbeing

Cycling is not just beneficial for the body - it's also great for the mind. Engaging in regular physical activity like cycling releases endorphins, the 'feel-good' hormones that boost mood and help to alleviate symptoms of stress and anxiety.

It's also an opportunity to connect with nature, explore new places, and enjoy the freedom of the open road. This type of physical activity can even serve as a great way to catch-up with people, helping you to foster social connections with fellow riders, helping you to build a supportive community.

Whether you cycle for leisure, for transport or as a competitive sport, incorporating cycling into your lifestyle can have a huge impact on your overall health and happiness.

### Why not give cycling a go?

You don't need to go it alone - if you're looking for support, inspiration or even company, below are some great places to start.

[British Cycling](#) - the governing body for cycling in Great Britain, this site offers loads of ideas, inspiration and opportunities to enjoy cycling.

[Let's Ride](#) - a part of British Cycling, Let's Ride is the perfect way for beginners and recreational cyclists to enjoy the simple pleasures of cycling.

[Sustrans](#) - this charity campaigns for everyone to be able to walk, wheel and cycle easier in their communities. Learn about events and cycle routes in your area.

[Cycling Time Trials](#) - if you're a serious cyclist and want to take things to the next level then getting into time trials could be for you!