

# Pedal your way to better health

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## Mental and Physical Health Benefits of Bicycling

Bicycling is one of many ways to stay active, exercise, and reduce stress while running essential errands or commuting to work. Here are some reasons to start or keep pedaling!

### Better physical health

The Center for Disease Control (CDC) recommends a minimum of 150 minutes of physical activity per week to achieve substantial health benefits. Active commuting is inversely associated with obesity, high Body Mass Index, triglyceride levels, blood pressure, and insulin levels.<sup>1</sup>

### Clear your mind - sharpen your memory, reasoning, and planning skills

Research has shown that bicycling can help sharpen your thinking and ward off neurological diseases (such as Alzheimer's and Parkinson's).<sup>2</sup>

### Stress relief

Regular workouts might help people prone to anxiety become less likely to panic when they experience those fight-or-flight sensations. After all, the body produces many of the same physical reactions — heavy perspiration, increased heart rate — in response to exercise.<sup>3</sup>

### People who bicycle to work are happier

Several studies have indicated that bicyclists have more positive moods than those who rely on other modes of transportation.<sup>4 5</sup>



**Pedaling on a stationary bike for just 15 minutes reduces cortisol, a stress hormone<sup>6</sup>**



**After pedaling for 30 minutes, study participants scored higher on memory, reasoning, and planning and were able to finish tests more rapidly than before<sup>7</sup>**



**Exercising just 30 minutes per day can lead to substantial health benefits<sup>8</sup>**

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