

CYCLING FOR HEALTH AND WELLBEING



Cycling is an activity which can be performed inside or outside and can help improve aerobic fitness and strength. Cycling is often non-weight bearing and adapted bicycles means that it is accessible to nearly everyone and something you can enjoy with family and friends. It is a great way to travel to work and school. There are many types of cycling, for example road, mountain biking, BMX, tandem, cyclo-cross, track and spin.

COMMONWEALTH GAMES FACT:

Cycling debuted in the Commonwealth Games in 1934. Various cycling events can be watched at Cannock Chase Forest, Sutton Park, St Nicholas Park (Warwick) and West Park (Wolverhampton).

General Wellbeing Benefits

Cycling is a moderate - vigorous intense activity and has benefits for your wellbeing:

IMPROVES

Sleep	Stress
Mood	Irritability
Confidence & self-esteem	Loneliness & social isolation
Memory and cognition	Fatigue

REDUCES

General Health Benefits

In addition to being fun and something you can do with your family and friends it has benefits to your health:

REDUCES RISKS IN

Many cancers	Anxiety
Diabetes	Blood glucose levels
Heart attack	Cholesterol
Stroke	Menopause
Dementia	Joint & muscle pain

HELPS & IMPROVES

Cycling has specific evidence to improve:

Heart disease	Blood pressure
Chronic Kidney disease	Cerebral Palsy
Arthritis	Recovery from stroke
Life expectancy	Quality of life

Cycling counts towards the UK Chief Medical Officer's recommended 150 minutes of moderate, 75 minutes of physical activity or 2 days of muscle strengthening per week

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A BOLDER HEALTHIER BIRMINGHAM

GET INVOLVED

Where you can cycle:

Local parks, woods and forests / canal towpaths and blue cycle routes / leisure & wellbeing centres / schools, academies and universities
www.sportbirmingham.org

Other cycling opportunities:

Cycling clubs
Let's ride - British Cycling Social rides
This Girl Can
We Are Undefeatable
Friends and Family
www.britishcycling.org.uk