

Health benefits of cycling

Cycling is a great way to keep healthy, have fun and spend time with others. This infographic explores some of the ways this type of activity supports our physical and mental health.

On top of the benefits for your health, it's also planet friendly and can even save you money!

Further support

<https://www.britishcycling.org.uk/>

<https://www.sustrans.org.uk/>

Cycling can
burn up to

650
calories per hour*

Regular cycling can
reduce the risk of serious
illnesses including:

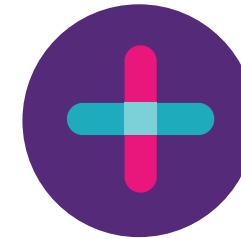
- ✓ Heart disease
- ✓ Type 2 diabetes
- ✓ Stroke

70%

of body your
weight rests on
the saddle

Meaning

Cycling is a
low-impact
exercise,
that's gentle
on your joints



A fun way to
improve your
physical fitness and
achieve a **healthy
body weight**

Helps to
reduce
stress
levels

Can improve
symptoms of
depression &
anxiety

Helps to keep
your heart
healthy

Releases
endorphins
helping you to
feel happier and
more positive