



Benefits of cycling

1. **Cycling saves time.**
2. **You'll be fitter.**
3. **Cycling improves mental well-being.**
4. **You'll sleep better.**
5. **You'll save money.**
6. **You'll burn more calories.**
7. **Grow your social circle.**
8. **Make creative breakthroughs.**
9. **Cuts heart disease and cancer risk.**
10. **Save the planet.**



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1. **Cycling saves time.**

Cycling to university can reduce the time of your commute: you will not have to wait for rush hour jams or waiting for public transport. You can choose your own schedules!

2. **You'll be fitter.**

Regular cycling everyday has huge benefits: If you combine the exercise with eating healthy you will be losing weight.

3. **Cycling improves mental well-being.**

Cycling combines physical exercise with being outdoors and exploring new views. You can ride solo – giving you time to process worries or concerns, or you can ride with a group which broadens your social circle.

4. **You'll sleep better.**

An early morning ride might tire you out in the short term, but it'll help you catch some quality shut-eye when you get back to your pillow. The exercise promotes the reduction in anxiety and will help you to sleep more deeply.

5. **You'll save money.**

You will not have to pay gasoline, nor transport payments, you just have to take into account the care of your bike. You will save money!

6. **You'll burn more calories.**

The efficiency with which it burns calories and fat – is not only raised during a ride, but for several hours afterwards.

7. **Grow your social circle.**

Joining a cycling club or group is an excellent way to grow your social circle, and if you're new to riding – you'll probably find all the maintenance and training advice you may have been looking for there, too.

8. **Make creative breakthroughs.**

Outdoor exercise helps resolve mental blocks and make decisions, as well as increase creativity.

9. **Cuts heart disease and cancer risk.**

Cycling raises your heart rate and gets the blood pumping round your body, and it burns calories, limiting the chance of your being overweight.

10. **Save the planet.**

Twenty bicycles can be parked in the same space as one car. It takes around five percent of the materials and energy used to make a car to build a bike, and a bike produces zero pollution.

