



Health Tribune

Thinking about your health in Portage County
Provided by the Portage County Health Department

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August is... Health Benefits for Bike Riding

Bike riding is beneficial when it comes to ones health. Not only is it great exercise but its fun too!



Top 7 Health Benefits of Cycling

- 1. Good for the heart-** cycling improves cardiovascular fitness and decreases the risk of coronary heart disease.
- 2. Good for your muscles-** biking helps tone and build your muscles.
- 3. Slims the waistline-** biking helps burn a lot of calories. It also helps keep a healthy weight and speeds up metabolism.
- 4. Helps ones lifespan-** Cycling can improve one's years on they're life.
- 5. Helps with coordination-** moving feet in circles while steering with both hands and balancing ones weight will help improve coordination skills.
- 6. Mental health-** Bike riding has been associated with an improvement in ones mental health.
- 7. Immune System-** Cycling can strengthen the immune system and can also protect against certain types of cancer.

For more information: <http://news.discovery.com/adventure/the-top-7-health-benefits-of-cycling.htm>

Did you know...?

Even though bicycling is good for our health it's also great for our environment and economy.

Bicycling Is For Everyone

- Bicycling is the second most popular outdoor activity in the United States.
- 47% of Americans say that they would like more bike facilities in their communities.
- Most trips Americans make are short. 50% are less than 3 miles, 40% are less than 2 miles, and 28% are less than 1 mile.

Bicycling Boosts Our Economy

- The U.S. bicycle industry sold \$5.6 billion in bicycles and equipment in 2009.
- More than three times as many new bicycles (14.9 million) are sold in the U.S. each year than a car (4.6 million).
- Studies have shown that homes that are closer to bike paths are more valuable.

Bicycling Is Good For The Environment

- Traffic congestion wastes nearly 3.9 billion gallons of gas per year in the United States.
- For every 1 mile that's pedaled rather than driven, about 1 pound of carbon dioxide is saved.

For more facts go

to: <http://www.bikesbelong.org/resources/stats-and-research/statistics/>

Questions or Comments? Contact Us!

449 S. Meridian Street
Ravenna, Ohio 44266
Phone: (330) 296-9919

Email: pchd@portageco.com

<http://www.co.portage.oh.us/healthdepartment.htm>