Health Tribune

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

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July 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 also!

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 is 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?
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