

WHY CYCLING IS THE BEST ROUTE TO A HEALTHIER YOU

This time last year, few would have predicted the months ahead. A time like no other, when we learnt to appreciate the moments we spend with our loved ones.

And, while this period of continuing Covid lockdowns and restrictions has been tough, it's also been an opportunity to shine a spotlight on the importance of our mental and physical wellbeing.

Now, we believe it's the perfect time to take back control of your wellbeing and set goals that will lead to a healthier you – and there's no better way to do this than with the help of cycling.

Not sure cycling is right for you? Discover the amazing benefits below and be inspired!



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MIND-CLEANSING

While riding a bike is great for you physically, it's equally as important for your mental wellbeing. Simply put, cycling makes you feel great!

Here's the many ways you'll receive an added mental boost from cycling:

- Fresh air! – All exercise is good, but nothing beats heading out into the great outdoors. And what better way to do it than on two wheels? It's a great chance to get some fresh air and refresh your mind.



- Endorphin boost – You've probably heard of endorphins before. They're neuropeptides and peptides that the body creates when exercising, and cycling gives you a big endorphin boost. The result? Endorphins are proven to boost self-esteem, reduce stress and anxiety, and even help alleviate the symptoms of depression.
- Easy to fit into your daily routine – Finding time to exercise can be stressful. With cycling, this isn't the case. A ride can take as long as you like, you can start from your front door, and you can even integrate it into your daily routine through commuting. It's really convenient.

The benefits don't end there, and we've put together a handy guide to many more in our [Cycling for the Body and Mind blog](#).

BREATHTAKING

Bored of the same four walls? Us too! Luckily, our bikes provide a gateway to the great outdoors.

With a bike, you can hit the trails, explore country lanes, or cruise around picturesque parks. We've even created our [Discovery Hub](#) to help you find routes for all types of riding, whether looking for a family adventure or your next fitness challenge.

PEDAL-PUMPING

Few activities provide a better aerobic workout than cycling, and aerobic exercise is great for your brain, heart, and blood vessels.

Through cycling, you'll also build your muscles. Not only does each pedal stroke engage your leg muscles, but also your core. If you head off road or tackle a particularly bumpy trail, don't be surprised if your arms come back aching as well!

We think cycling is one of the best ways to exercise – even better than going to the gym! Not convinced? [Check out our Cycling vs. the Gym blog here.](#)



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ENERGY-BOOSTING

Did you know that cycling can also improve your day-to-day productivity?

Riding a bike helps boost your energy levels, resulting in greater motivation and energy for other activities.

Studies have also shown that those who cycle to work are more productive than those who don't, and have on average one less sick day per year.

SMILE-INDUCING

And whatever type of riding you do, you'll always be smiling!

Cycling is a fun activity, whether it's a method of getting you to work, getting out with the family, or a weekend adventure. So, enjoy every opportunity you get to ride, and you'll reap the amazing benefits!

So, what are you waiting for? With the help of cycling, you can set new goals that will lead to a healthier you. To find out more about how cycling can boost your wellbeing, head over to our [Wellbeing Hub](#).



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