

Cycling and Brisk-walking

Cycling is a healthy, low-impact exercise that can be enjoyed by people of all ages, from young children to older adults. It is also fun, cheap and good for the environment. Cycling is low-impact, that is, it causes less strain and injury compared to other forms of exercise. In fact, after swimming, cycling is one of the best forms of exercise. It uses all the major groups of muscles, increases stamina and aerobic fitness; it doesn't require much skill and can be done at various levels of intensity, depending on preferences. It can also serve as a time-efficient and environmentally friendly mode of transport. The health benefits of regular cycling include: increased cardiovascular fitness, increased muscle strength and flexibility, improved joint mobility, decreased stress levels, improved posture and coordination, strengthened bones, decreased body fat levels, prevention or management of disease, reduced anxiety and depression.

Cycling is an excellent method to reduce weight if combined with a healthy diet. It lowers the risk of diabetes. Regular cycling stimulates and improves the heart, lungs and circulation, reducing the risk of cardiovascular diseases. Regular cycling reduces the risk of breast and colon cancer. It also improves mental health, reducing stress, depression and anxiety, as it is an enjoyable activity.

There are many benefits of brisk walking. It reduces blood pressure, lowers cholesterol, and lowers the risk of heart disease, diabetes, and some cancers. It also improves thinking skills, mood, and bone health. Brisk walking may also improve the symptoms of Parkinson's disease. Walking, especially brisk walking is an easy exercise that anyone can do. Walking up to 30 minutes daily has shown health benefits. It is non-strenuous, can be done anywhere and is an enjoyable activity. It can be done in the park, with fresh air, anytime, alone or in company. It can elevate the mood; boost endorphins in the body making one feel good, help in sleeping better and reduce stress. Walking can help with weight reduction in combination with a healthy diet and prevent obesity and diabetes. It improves muscle tone, heart strength and can help prevent cardio-vascular diseases by lowering blood pressure and LDL cholesterol while ramping up "good" HDL cholesterol.

