



5 Reasons Why You Should Ride Your Bicycle Every Day

By Abhishek Tarfe | www.velocrushindia.com

Make the most of your commute

If you want to ride daily, start by making the most of your bicycle commute to work. This way you don't have to wake up before dawn or separately find more time to go cycling.

You can ride to work or to the gym and add more miles to your life.

Also, with the petrol prices skyrocketing, you not only will burn a hold in your pocket but also avoid the traffic and live more healthily.

Improve memory & more

Cycling is one of the best exercises you can do. It's easy on the joints and helps relieve stress.

Once you get into the habit of cycling regularly to work, running errands on the bike or even going to the gym will come naturally.

Cycling for just around 30-minutes every day can improve reaction time, memory, and creative thinking.

Eat without worrying

One of the major reason to cycle everyday day is that you can eat whatever you want but still maintain your weight (sort of).

Not cycling at all and overeating can result in side-effects like blood sugar spike, metabolic changes and maybe even weight.

However, if you ride a bicycle daily and eat whatever you want, the ill effects can be burned off.

Live longer, look younger

If you go cycling daily, you are likely to feel healthier and happier. Studies show that exercising for just 30 minutes daily can add more years to your life.

Besides, it also makes you look younger.

So it's never too late!



Have better sex

Regular exercise has shown to increase sexual drive and decrease in sexual dysfunction. Men who report six or seven times a week have been found to self-report their sexual desirability as above average.

While riding every day might not seem feasible for everyone, start off by completing a short streak of rides. Once you get into the habit of completing a small goal, move on to bigger ones.

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