Opinion Essay

Topic: A sport that I like

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A sport I like, you don’t like: “biking”.

In my case, my daily activities such as being in constant study of my career, make me have a sedentary life, and one of the sports that I like to practice is riding a bicycle.

Riding a bicycle is a sport that I like to do because it allows me to leave the house, see the streets, be able to go to see places that I do not know, get to a place without taking as much time as it would be walking, without spending money as It would be spending on gasoline to use a motor vehicle or having to wait for public transport since it depends on the bus, this can take a long time just to wait for it to pass, depending on how much way I travel, how long it takes me or with what intensity I pedal, It helps me to sweat with the same force and perseverance when pedaling that it requires.

I have heard and also read that riding a bicycle has benefits for both the body and the mind, such as reducing the chances of suffering heart attacks since pedaling increases the heart rate and lowers the pressure, so that the heart saves resources, reduces the negative cholesterol and increases the amount of positive cholesterol, the brain oxygenates better and produces more endorphins, the hormones that make one feel happy, so you can release stress, have fun, or relax alone or in company.

Another positive aspect of riding a bike is that you don't have to do a daily run to see its benefits. I have read on the internet about an expert they explain to us that "with just 10 minutes of pedaling a day you can feel the results at the muscular level, in the blood supply and the joints; with 30 minutes you get cardiac benefits, and with 50 minutes you can stimulate fat metabolism ". That is why it is advisable to adjust the duration, frequency, and intensity of the exercise to the physical condition and age of the person, and to the results that are intended to be achieved in each case.

In summary, riding a bicycle helps me to vary from the daily routine, improve my mood and exercise my body, obtaining benefits without even thinking about it.