**Cycling to work can 'half your risk of cancer and heart disease', study finds**

* [**CHLOE CHAPLAIN**](http://www.standard.co.uk/author/chloe-chaplain)
* Thursday 20 April 2017 06:05 BST
* [11 comments](http://www.standard.co.uk/news/health/cycling-to-work-can-half-your-risk-of-cancer-and-heart-disease-study-finds-a3518641.html#commentsDiv)

**[Cycling](http://www.standard.co.uk/topic/cycling)to work almost halves the risk of developing cancer and heart disease, scientists have discovered.**

And, although walking to work is good for you, it does not provide the same health benefits as using a bike.

A study conducted at the University of [Glasgow](http://www.standard.co.uk/topic/glasgow)found those who cycle are 41 per cent less likely to suffer premature death from any cause.

The test, carried out on 264,337 people, revealed cycling is linked to a 45 per cent lower risk of cancer and 46 per cent less chance of heart disease, compared with driving or taking public transport.

Walking to work was found to reduce the chance of heart disease by 27 per cent, but there was no link with a lower risk of cancer or premature death.

Experts behind the study believe the significantly higher health benefits of cycling could be due to cyclists travelling longer distances and at a higher intensity, making cyclists fitter than walkers.

The people who took part in the study, published in the British Medical Journal (BMJ) had an average age of 52.

During the five-year study period, 2,430 people died - with 496 deaths related to cardiovascular disease and 1,126 deaths from cancer.

Dr Jason Gill, from the institute of cardiovascular and medical sciences at Glasgow, said the Government needs to look at ways to make it easier for people to commute by bike, such as creating "cycle lanes, city bike hire, subsidised cycle purchase schemes and increasing provision for cycles on public transport".

These would create "major opportunities for public health improvement," he added.

And Dr Mike Knapton, associate medical director at the British Heart Foundation, added: "It is paramount to make physical activity easier and more accessible. Local authorities and workplaces should support this by making using active transport as a means to get to work an easy option."